

(12) **United States Patent**
Dineen et al.

(10) **Patent No.:** **US 9,408,742 B2**
(45) **Date of Patent:** **Aug. 9, 2016**

(54) **GLOSSOPEXY ADJUSTMENT SYSTEM AND METHOD**

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(73) Assignee: **Koninklijke Philips N.V.**, Eindhoven (NL)

(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 1511 days.

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(22) Filed: **Jun. 13, 2007**

(65) **Prior Publication Data**

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Related U.S. Application Data

(63) Continuation-in-part of application No. 11/349,067, filed on Feb. 7, 2006, now Pat. No. 7,992,567.

(60) Provisional application No. 60/813,230, filed on Jun. 13, 2006, provisional application No. 60/813,285, filed on Jun. 13, 2006, provisional application No. 60/813,058, filed on Jun. 13, 2006, provisional application No. 60/650,867, filed on Feb. 8, 2005, provisional application No. 60/726,028, filed on Oct. 12, 2005.

(51) **Int. Cl.**

A61F 5/56 (2006.01)
A61B 17/04 (2006.01)
A61B 17/24 (2006.01)
A61B 17/06 (2006.01)

(52) **U.S. Cl.**

CPC **A61F 5/566** (2013.01); **A61B 17/0401** (2013.01); **A61B 17/24** (2013.01); **A61B 2017/042** (2013.01); **A61B 2017/044** (2013.01); **A61B 2017/045** (2013.01); **A61B 2017/0412**

(2013.01); **A61B 2017/0422** (2013.01); **A61B 2017/0427** (2013.01); **A61B 2017/0433** (2013.01); **A61B 2017/0435** (2013.01); **A61B 2017/0437** (2013.01); **A61B 2017/0438** (2013.01); **A61B 2017/0443** (2013.01); **A61B 2017/0451** (2013.01); **A61B 2017/0453** (2013.01); **A61B 2017/0458** (2013.01); **A61B 2017/0461** (2013.01); **A61B 2017/0462** (2013.01); **A61B 2017/0464** (2013.01); **A61B 2017/0496** (2013.01); **A61B 2017/0618** (2013.01); **A61B 2017/06057** (2013.01); **A61B 2017/248** (2013.01)

(58) **Field of Classification Search**

CPC **A61F 5/56**; **A61F 5/566**; **A61B 17/0401**; **A61B 17/24**; **A61B 2017/0412**; **A61B 2017/0427**; **A61B 2017/0462**; **A61B 2017/0464**; **A61B 2017/248**
USPC **600/206**, **201**, **209**, **237**, **240**; **606/218**, **606/323**, **327**, **916**, **54**, **196**, **300**, **321**; **623/13.3**; **128/848**; **602/902**
See application file for complete search history.

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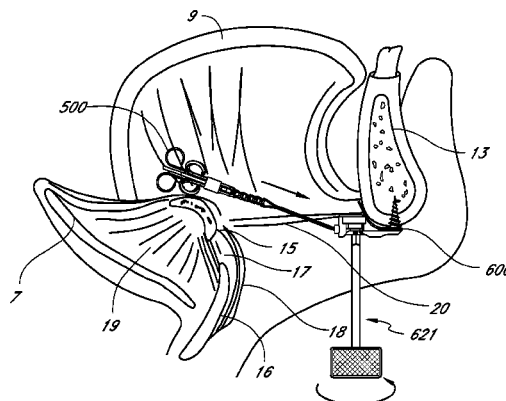
Primary Examiner — Keri J Nelson

(57)

ABSTRACT

Methods and devices are disclosed for manipulating the tongue. An implant is positioned within at least a portion of the tongue and may be secured to other surrounding structures such as the mandible and/or hyoid bone. In general, the implant is manipulated to displace at least a portion of the posterior tongue in an anterior or lateral direction, or to alter the tissue tension or compliance of the tongue. Methods and devices for adjusting a glossopey system are also disclosed. Adjusting a distance between two body-engaging structures can be performed without disengaging a tether from either of the body-engaging structures in some embodiments.

24 Claims, 118 Drawing Sheets



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		2006/0235264 A1 *	10/2006	Vassallo	600/37
	U.S. PATENT DOCUMENTS	2006/0282082 A1 *	12/2006	Fanton et al.	606/72
	2004/0260317 A1 *	12/2004	Bloom et al.	606/151	* cited by examiner

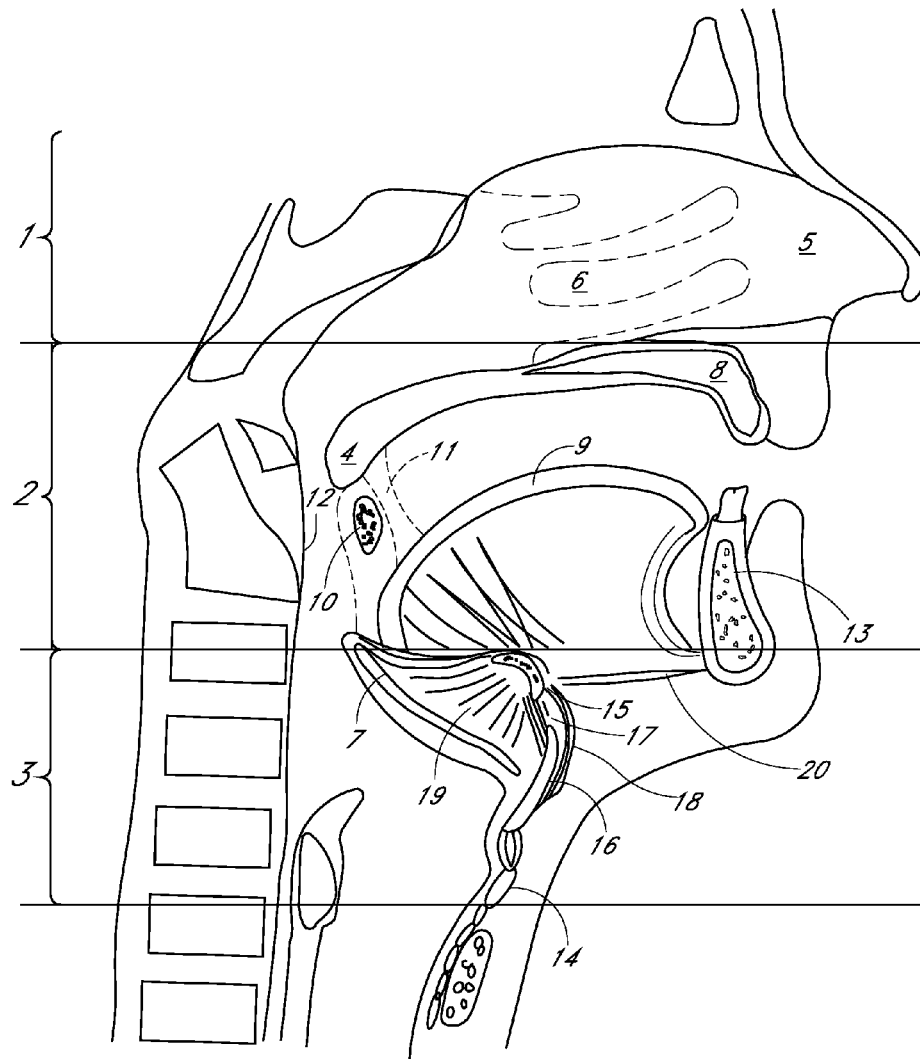


FIG. 1

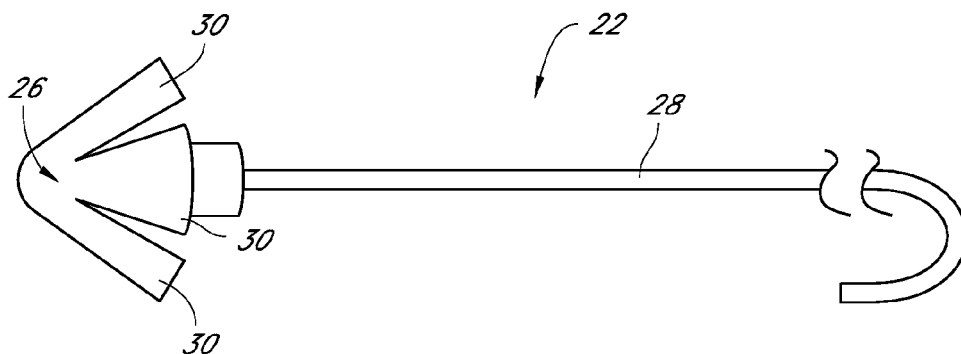


FIG. 2

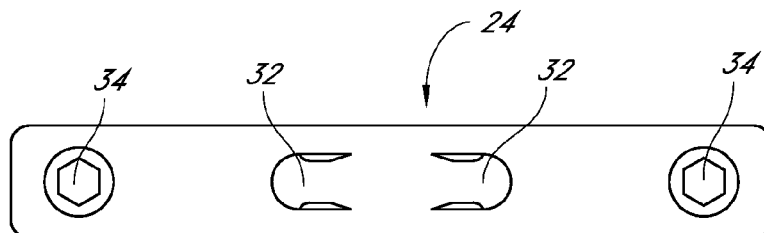


FIG. 3A

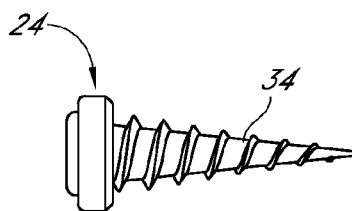


FIG. 3B

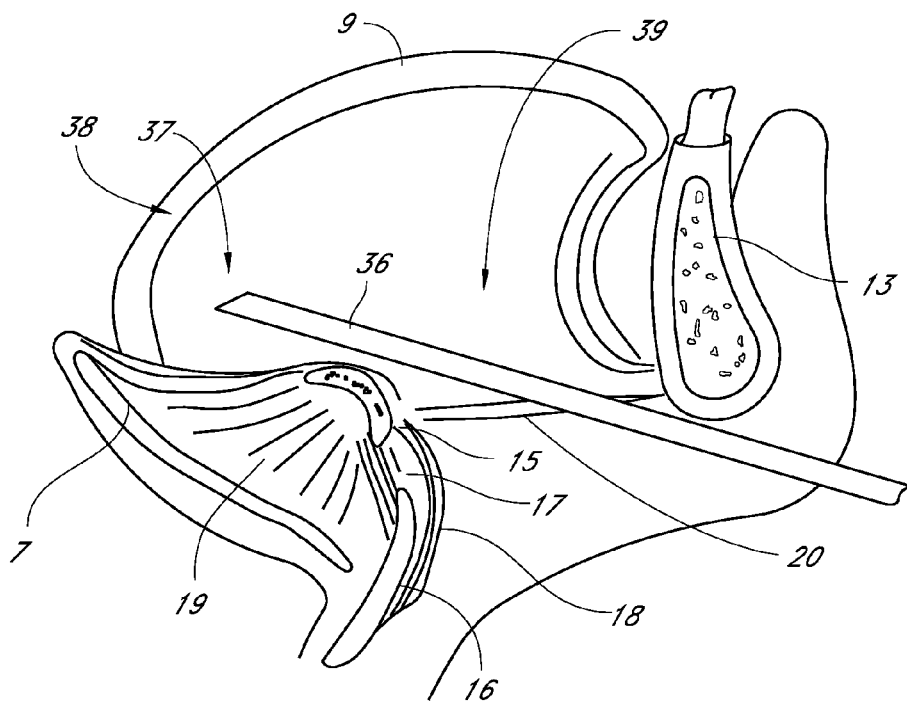


FIG. 4A

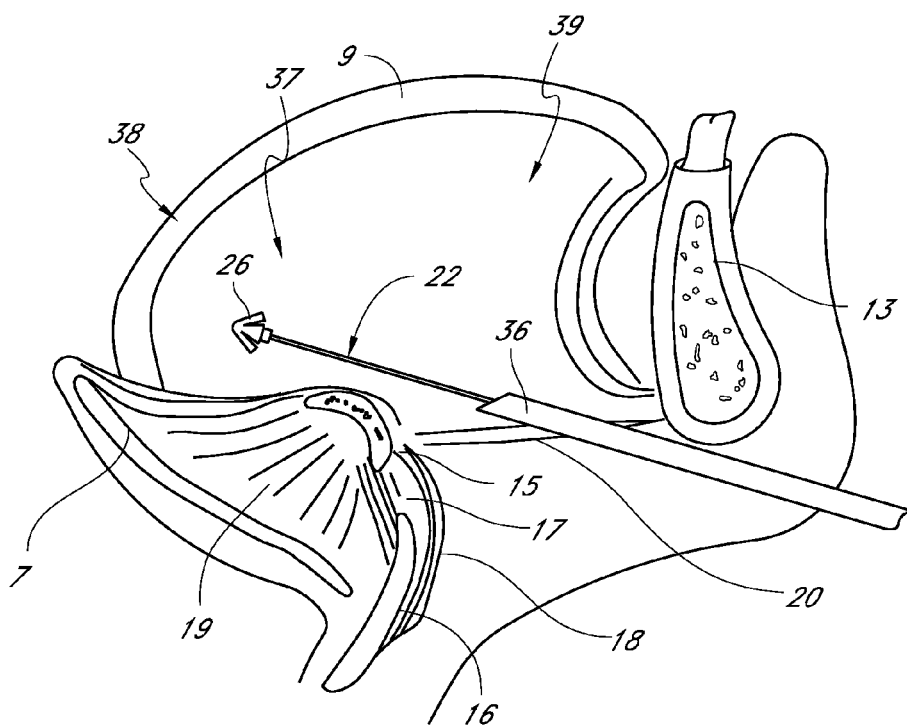


FIG. 4B

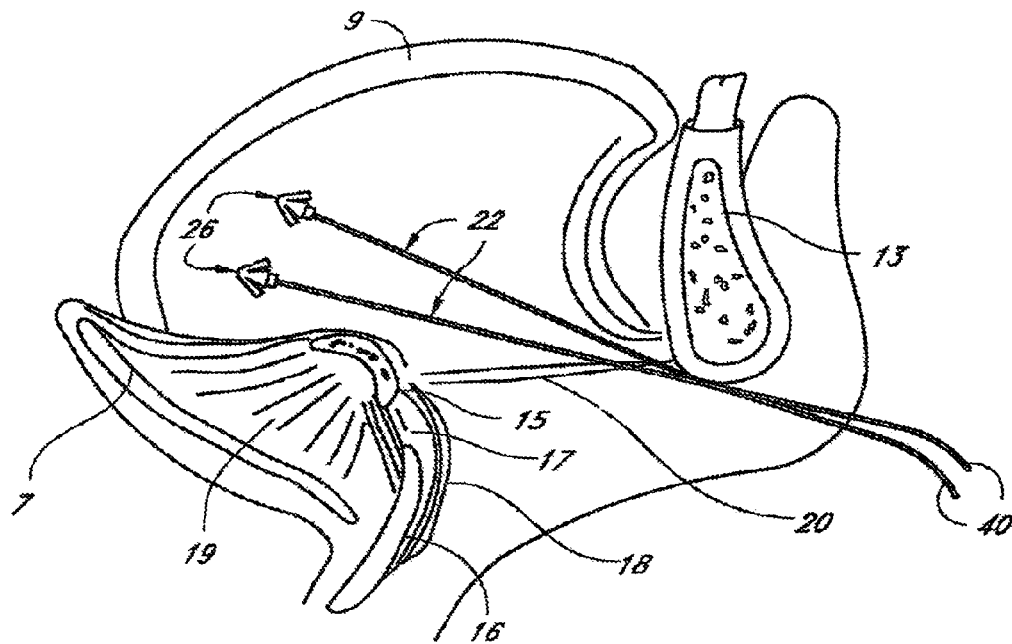


FIG. 4C

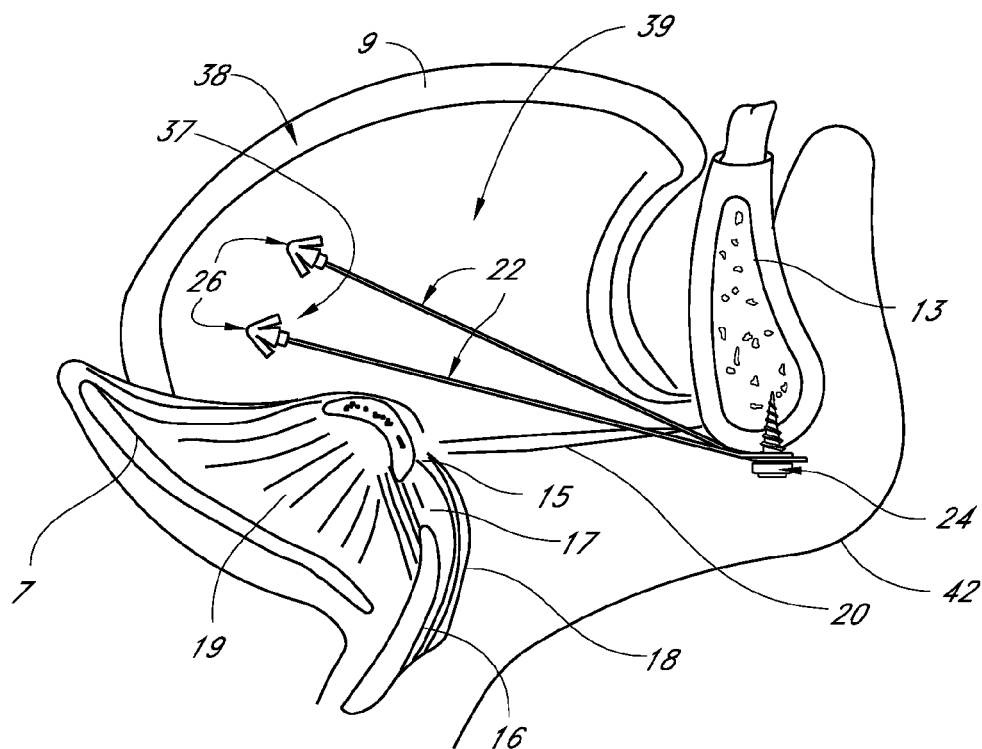


FIG. 4D

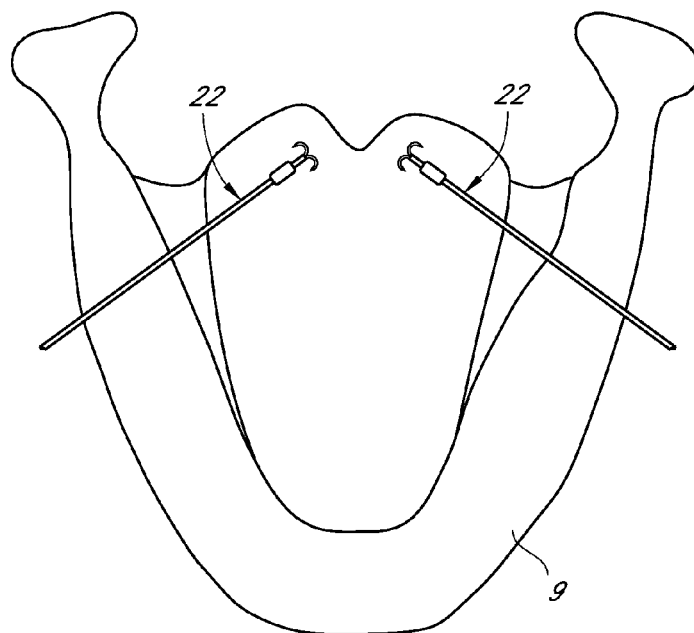


FIG. 5A

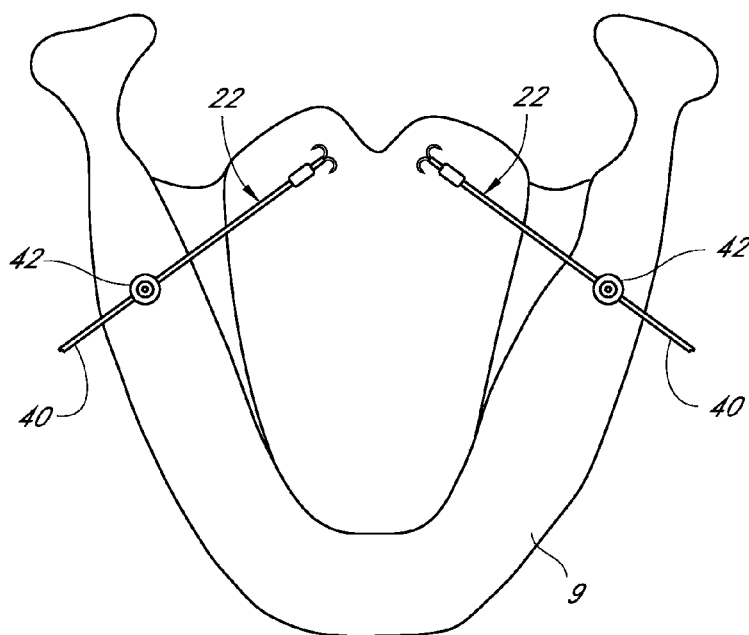


FIG. 5B

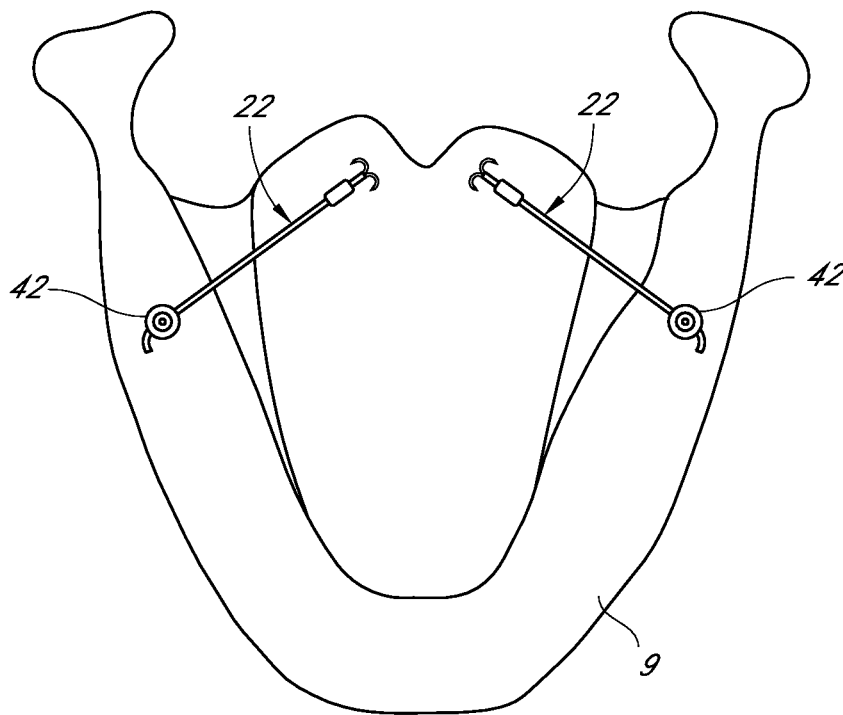


FIG. 5C

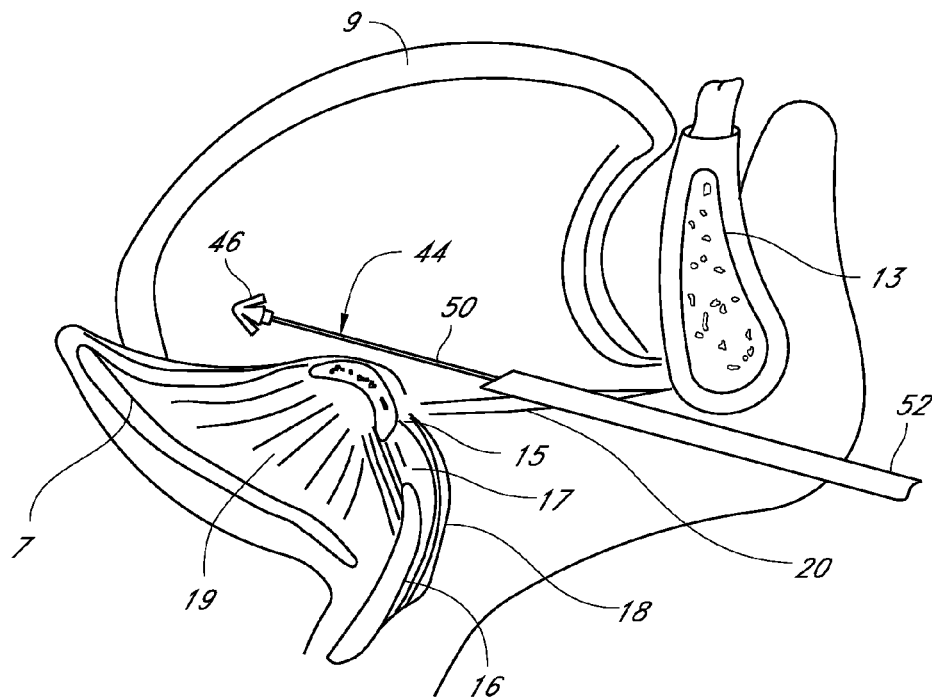


FIG. 6A

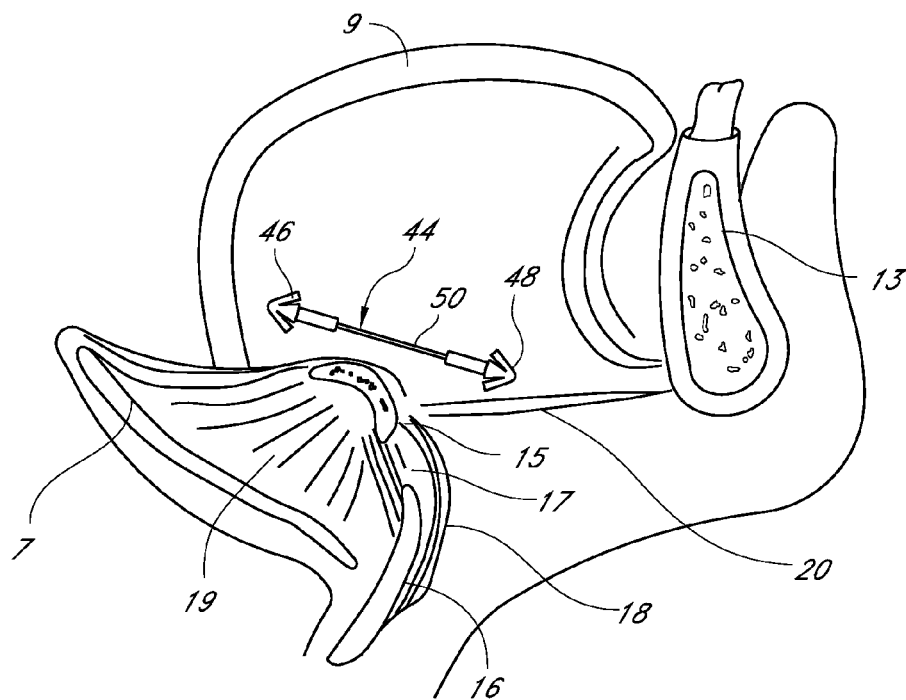


FIG. 6B

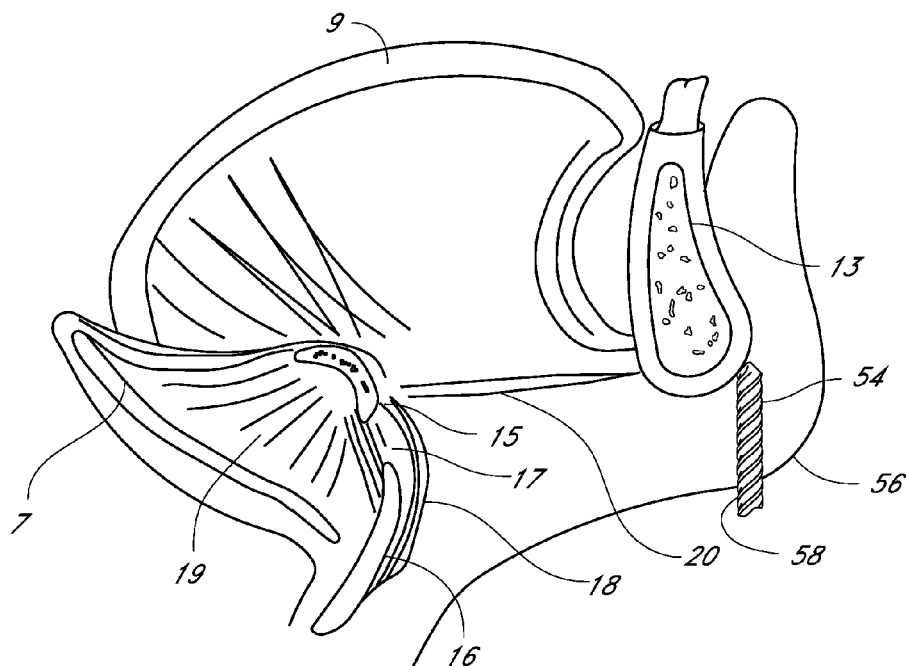


FIG. 7A

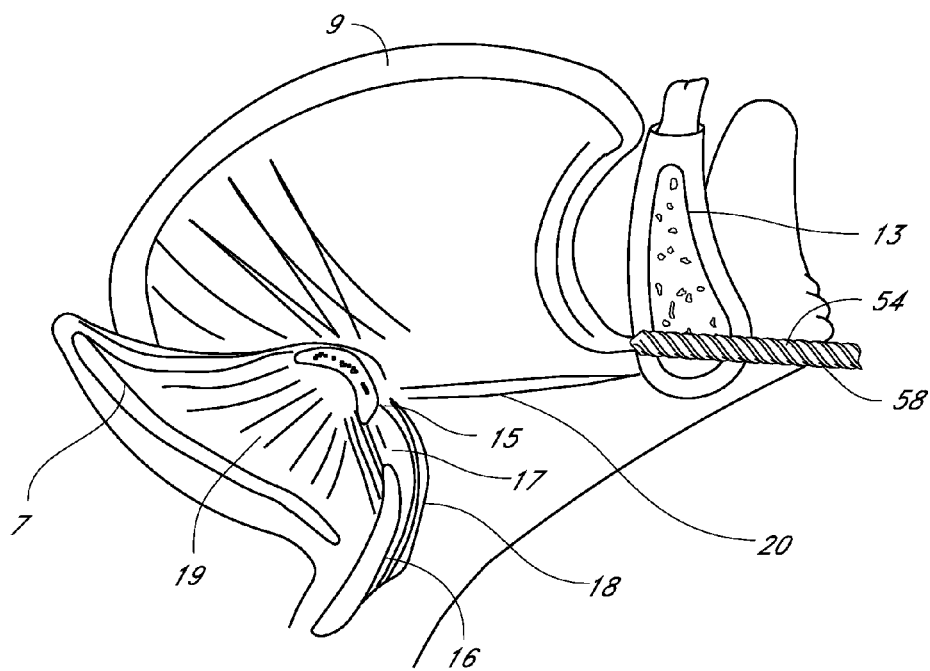


FIG. 7B

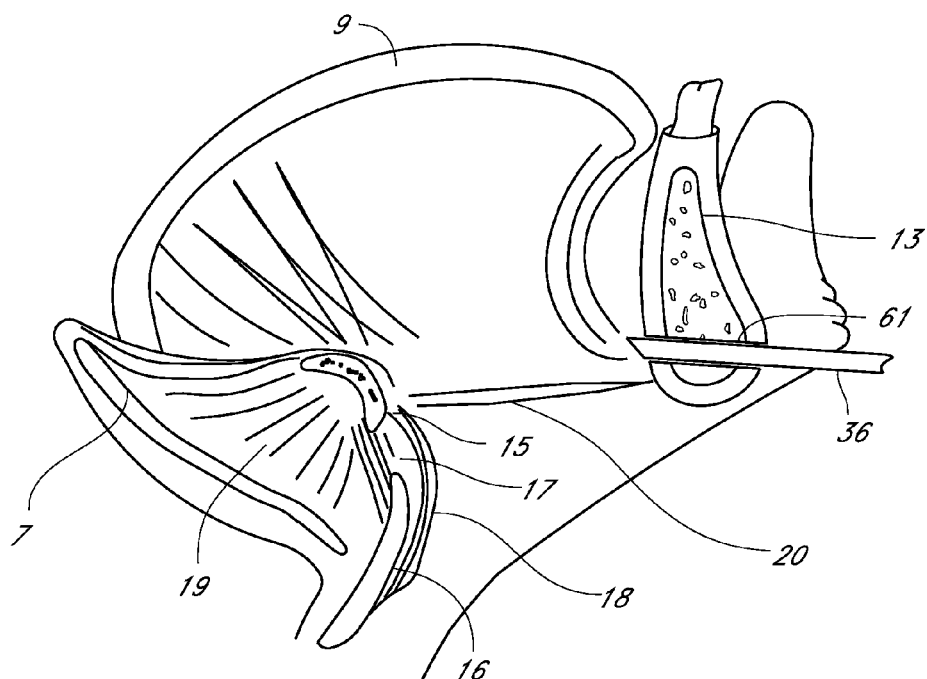


FIG. 7C

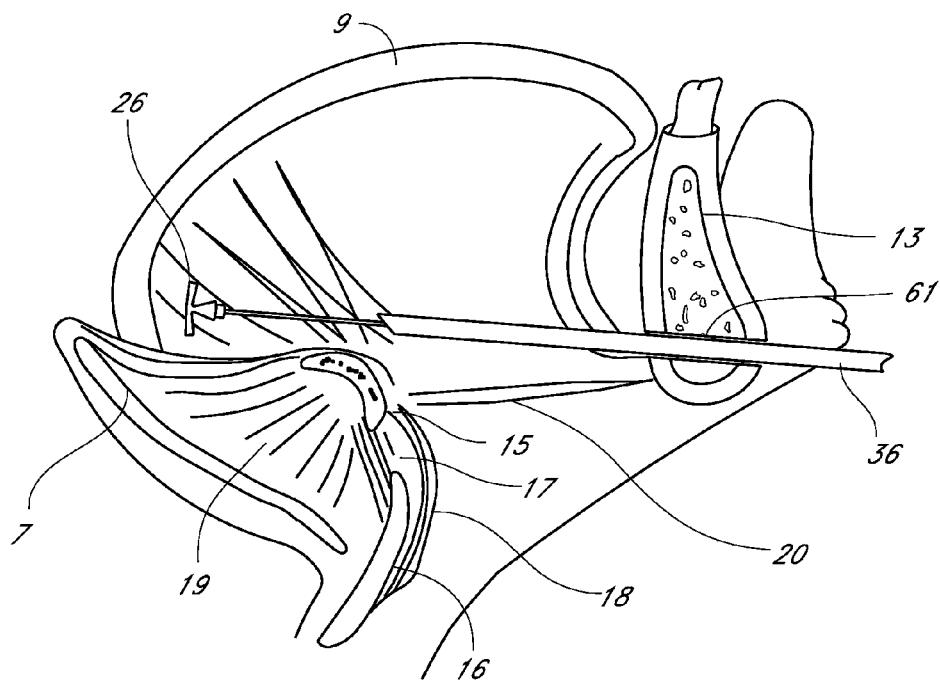


FIG. 7D

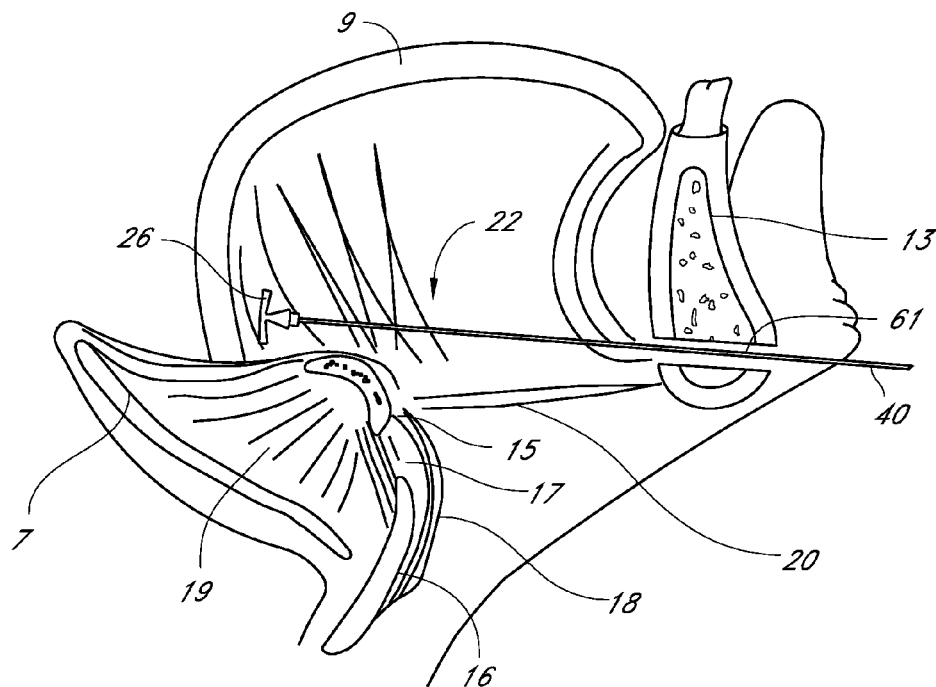


FIG. 7E

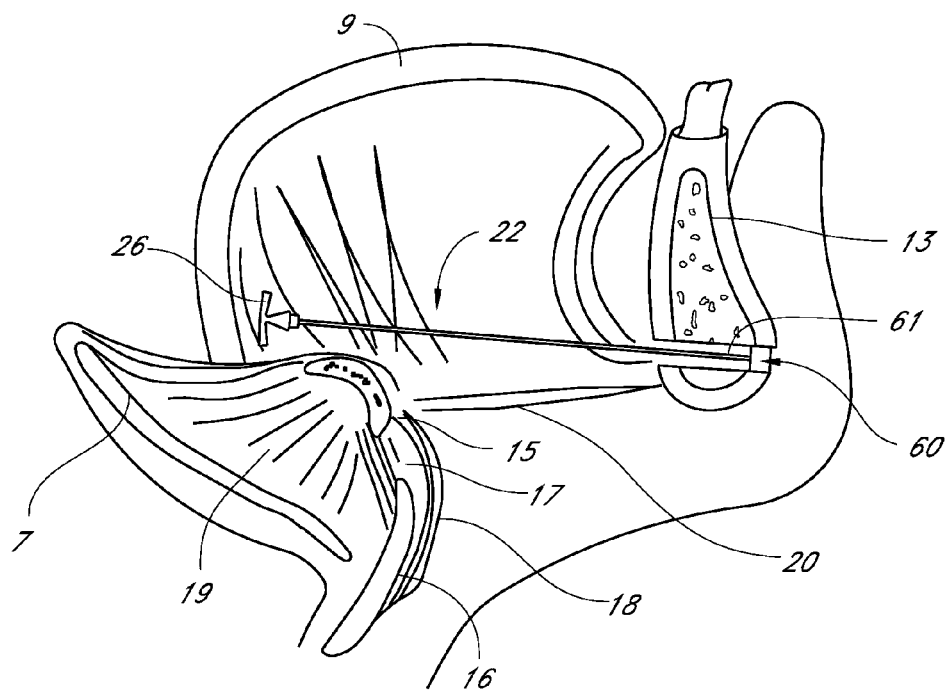


FIG. 7F

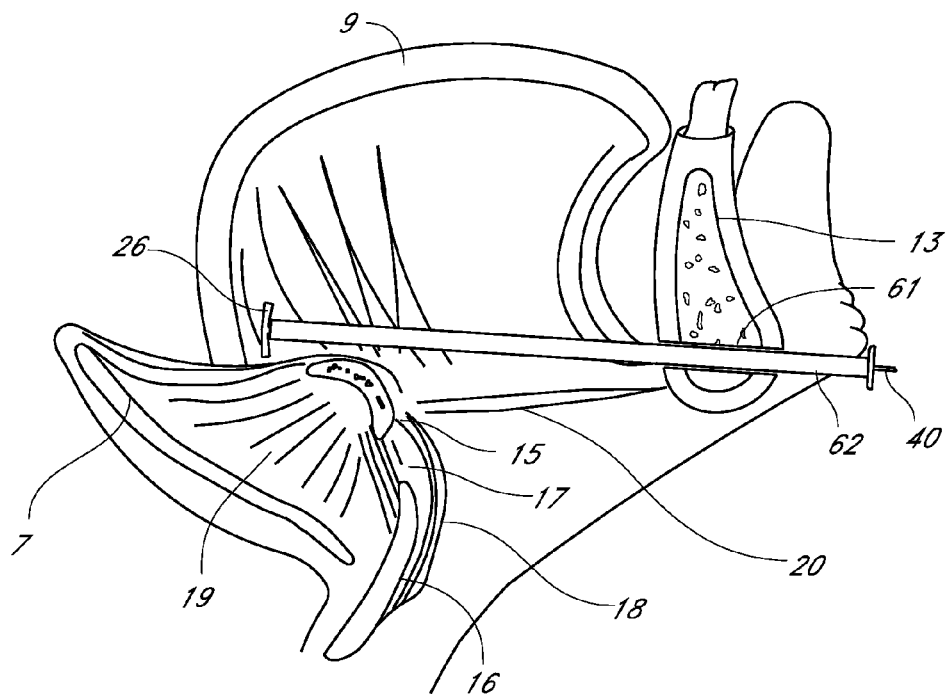


FIG. 7G

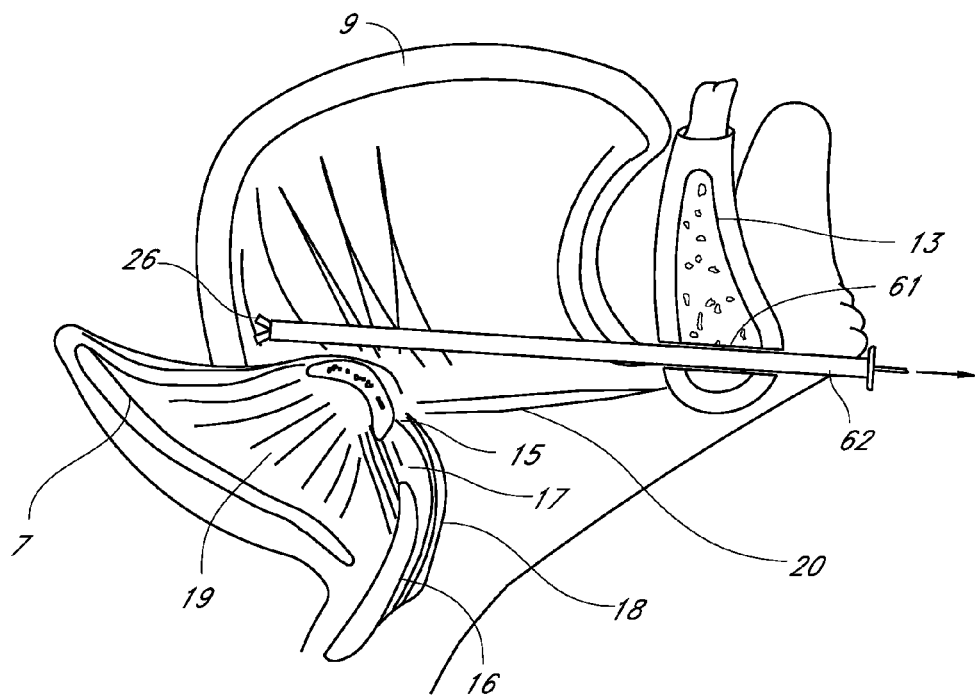


FIG. 7H

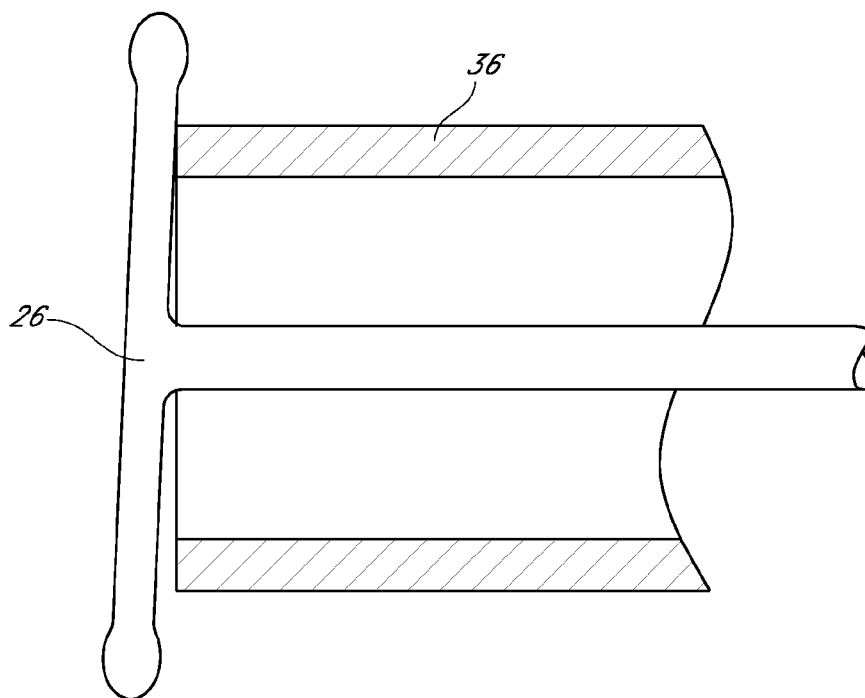


FIG. 7I

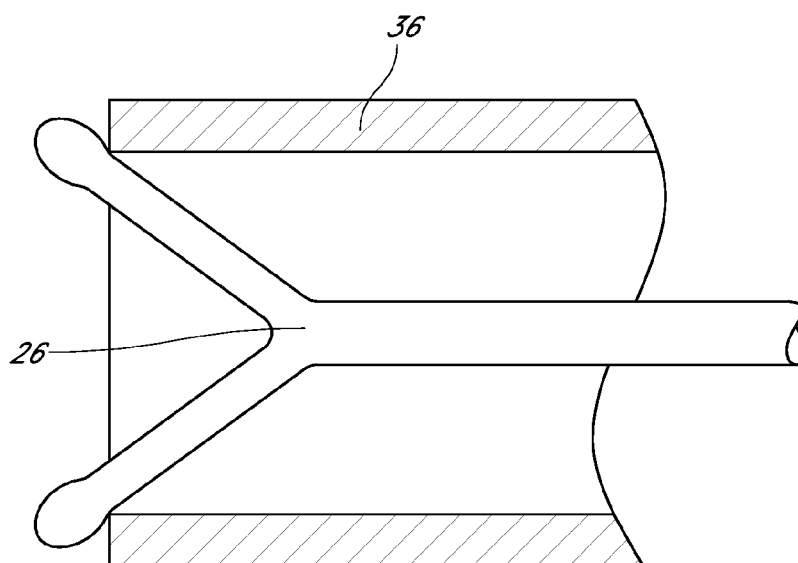


FIG. 7J

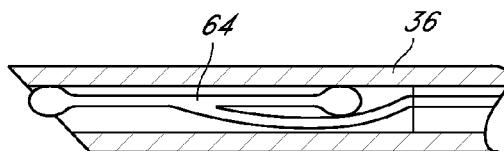


FIG. 8A

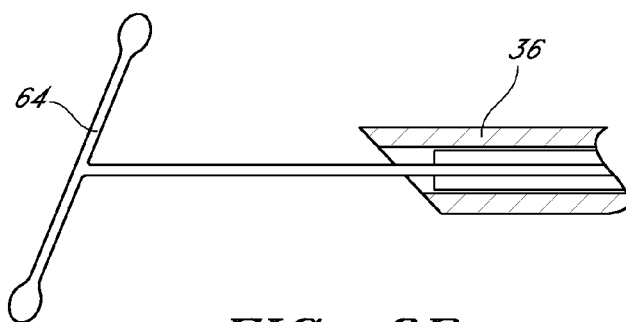


FIG. 8B

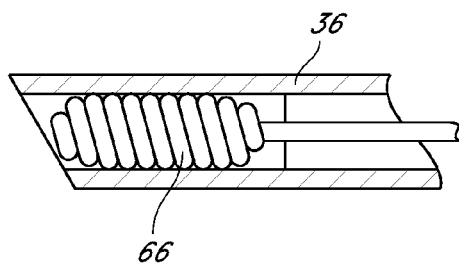


FIG. 9A

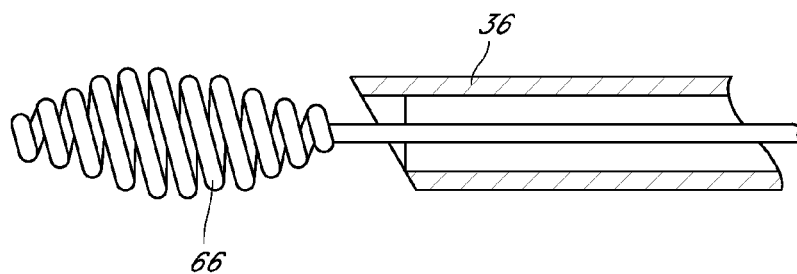


FIG. 9B



FIG. 10A

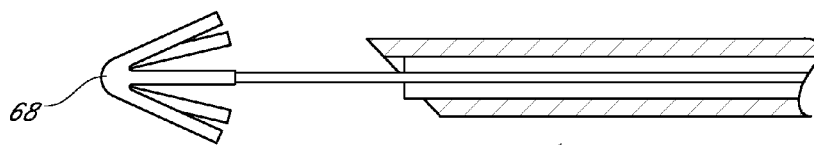


FIG. 10B



FIG. 11

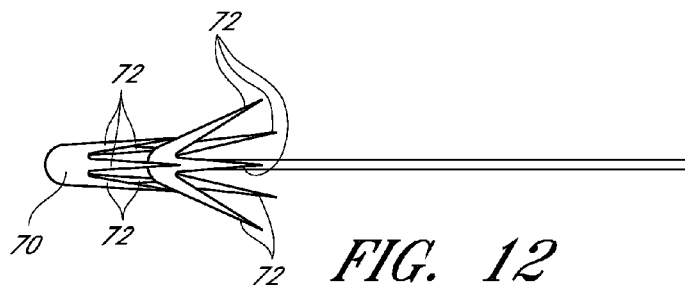


FIG. 12

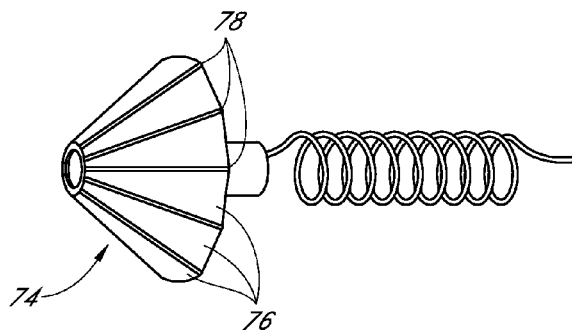


FIG. 13

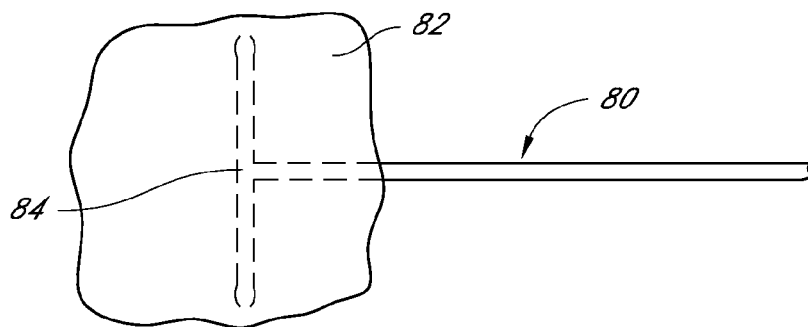


FIG. 14A

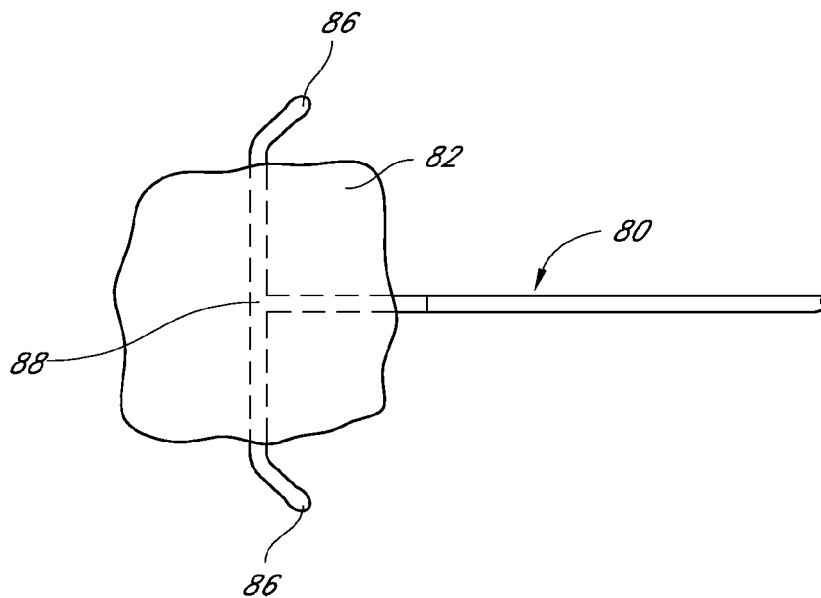


FIG. 14B

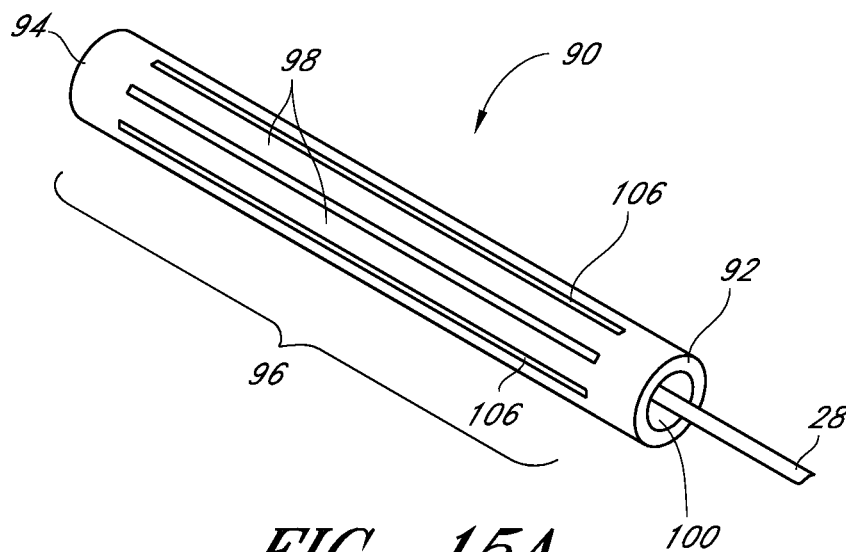


FIG. 15A

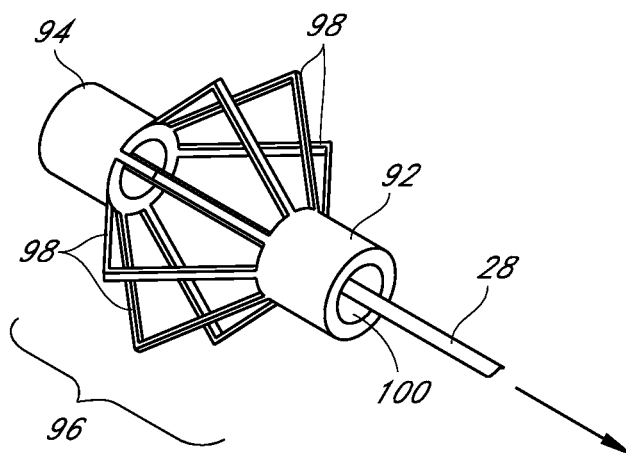


FIG. 15B

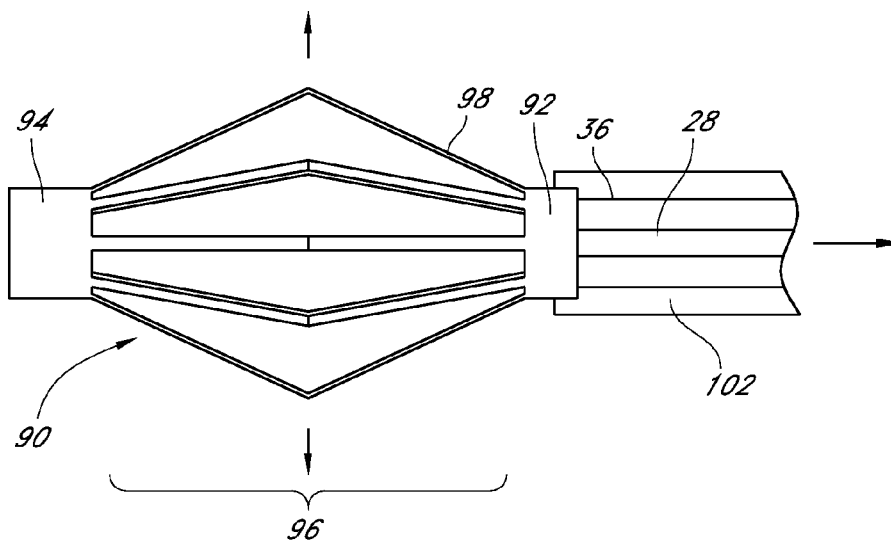


FIG. 15C

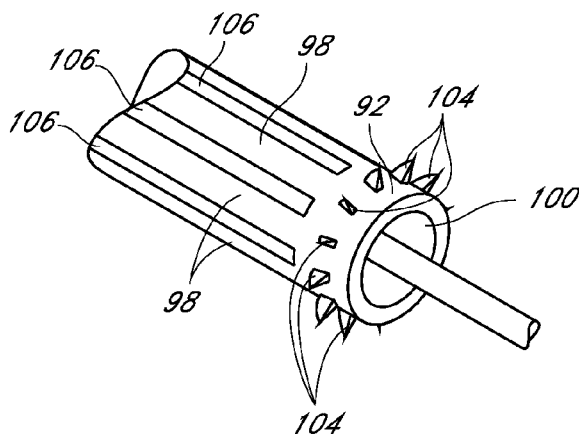


FIG. 16

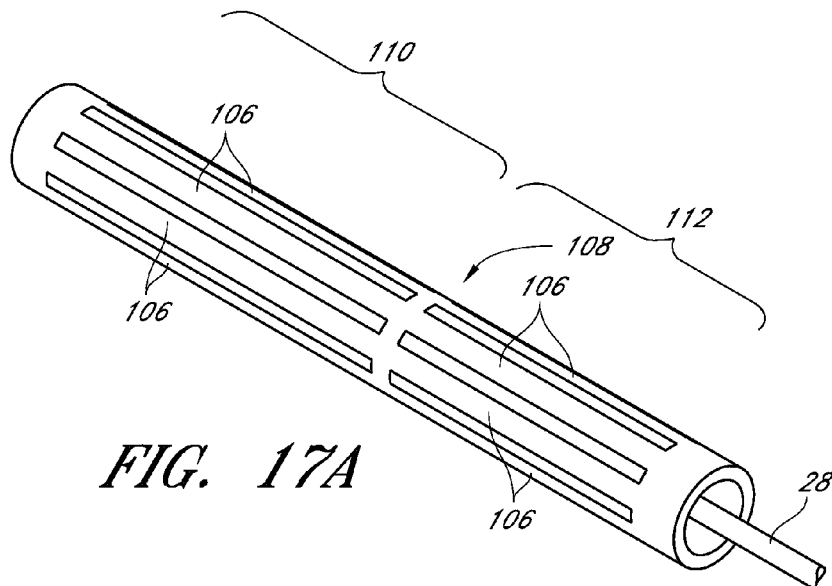


FIG. 17A

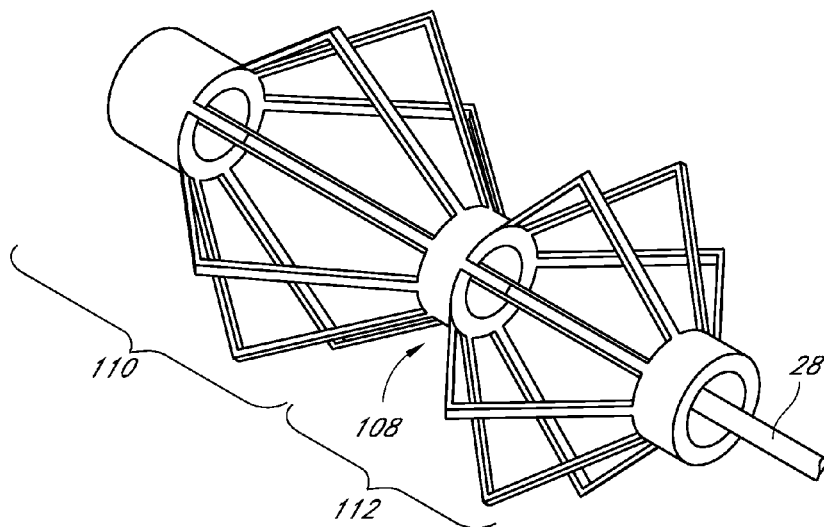


FIG. 17B

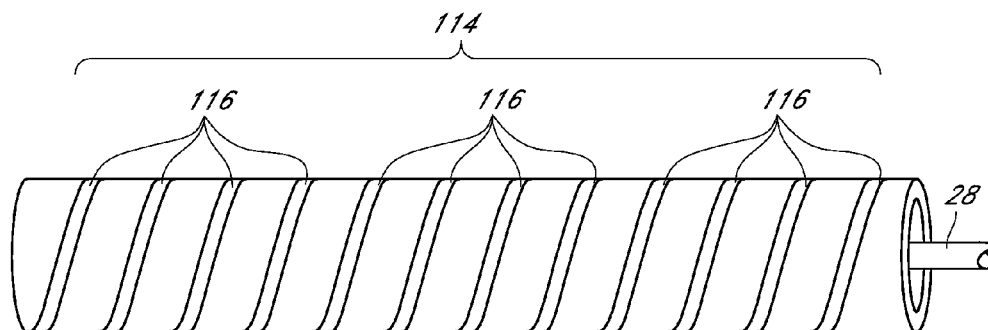


FIG. 18A

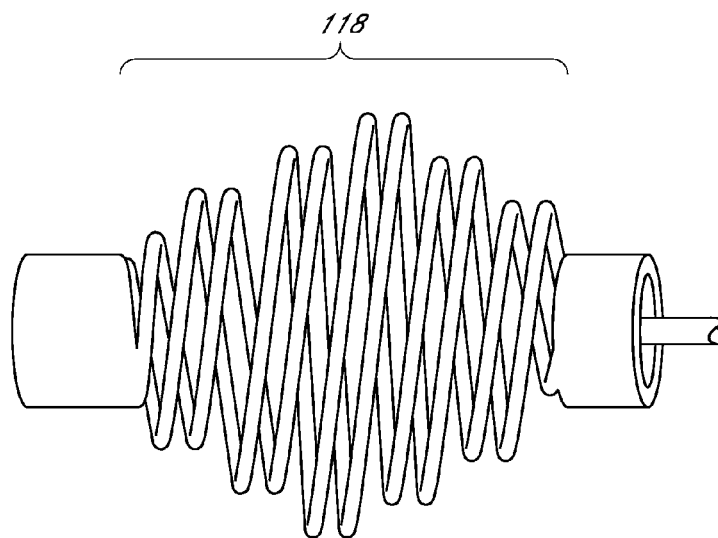
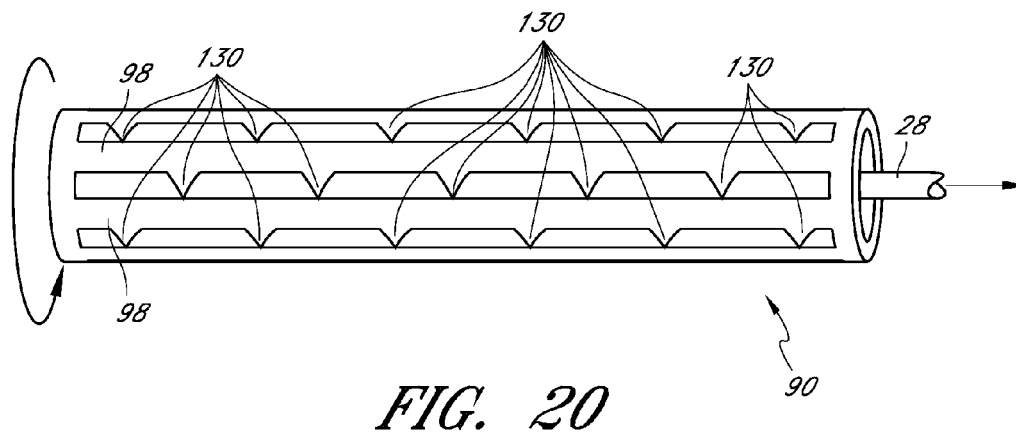
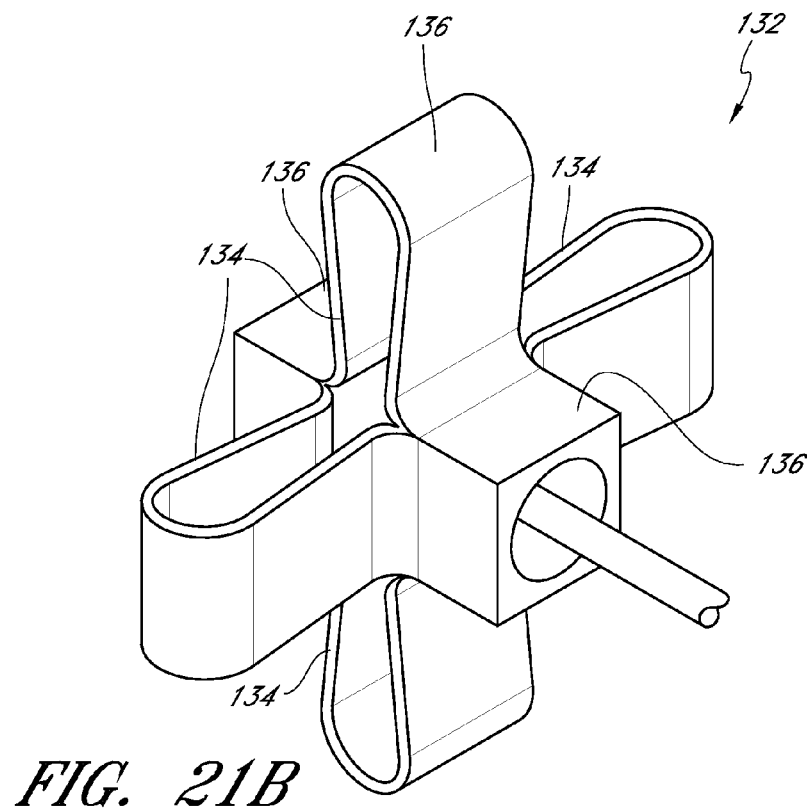
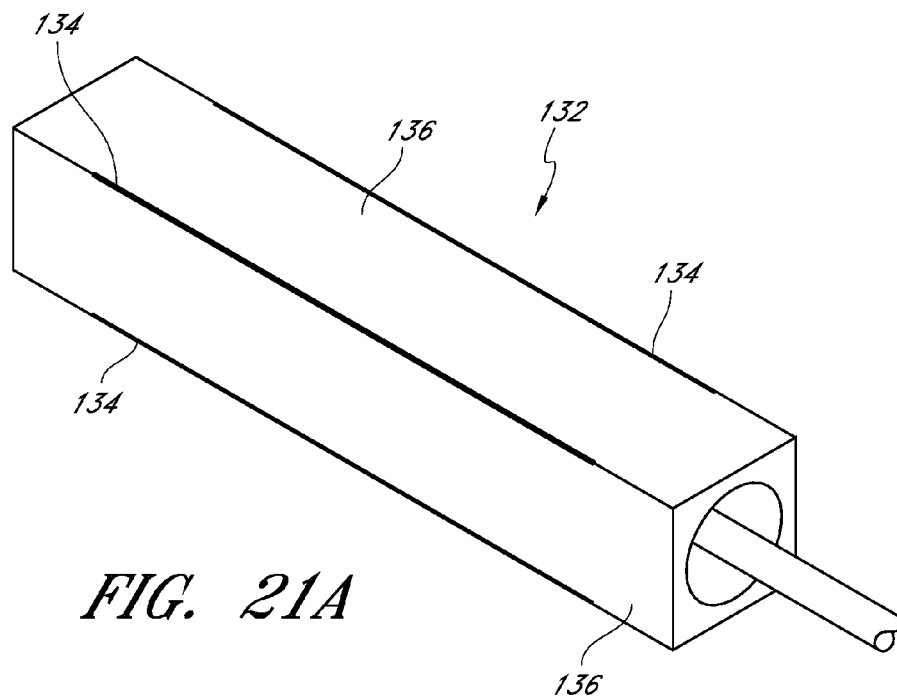
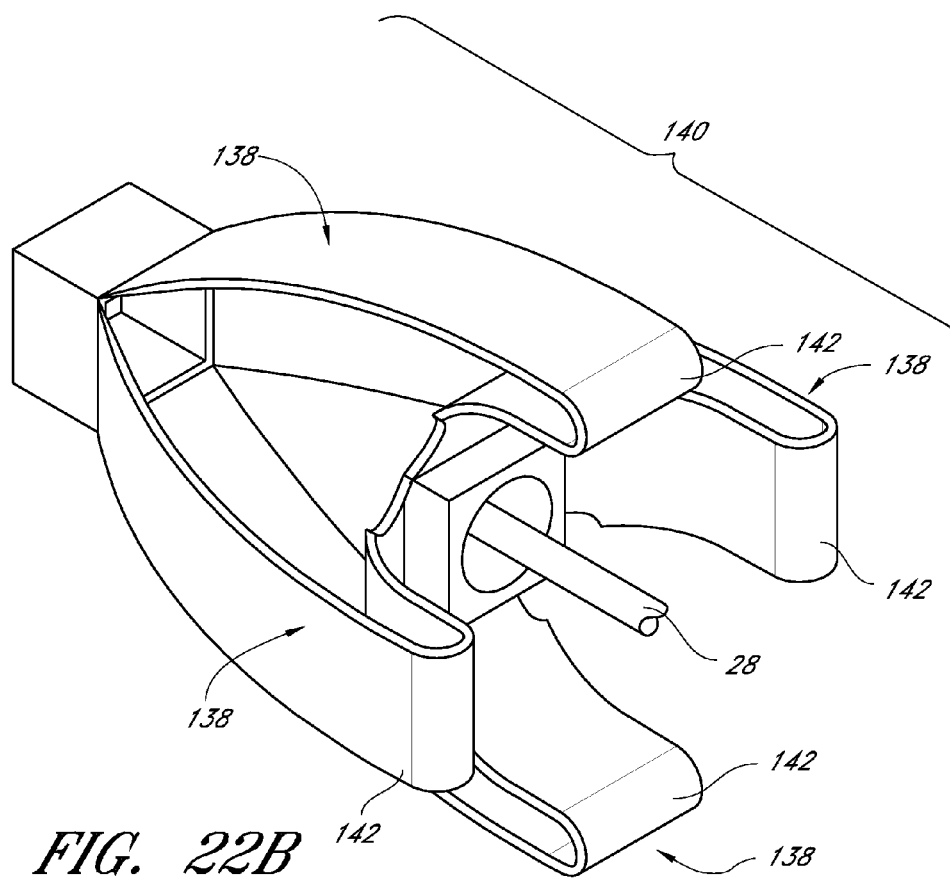
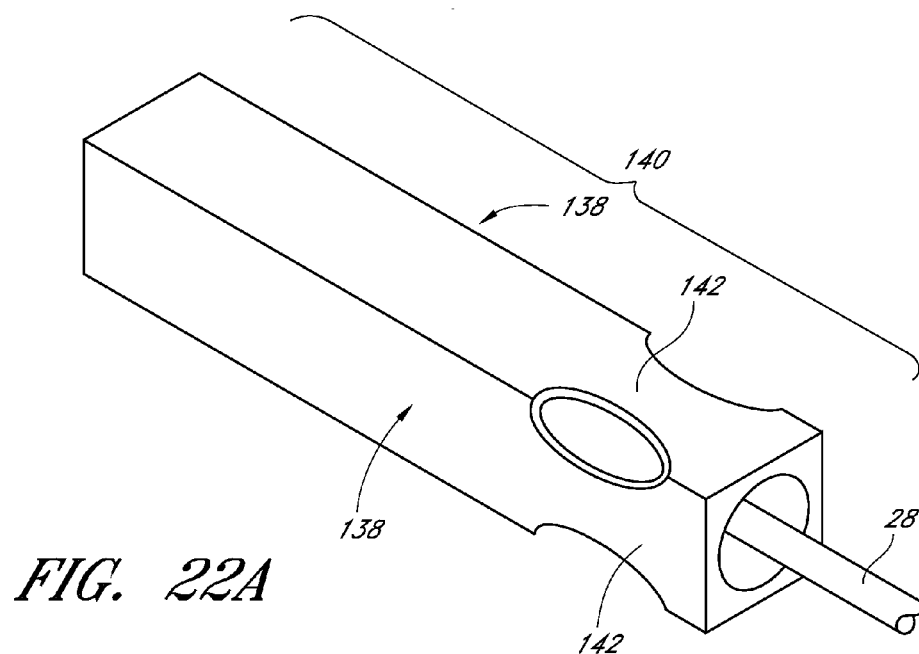


FIG. 18B







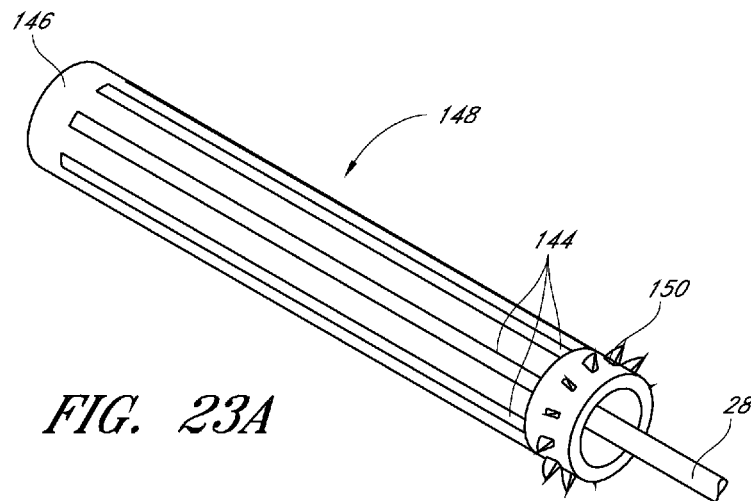


FIG. 23A

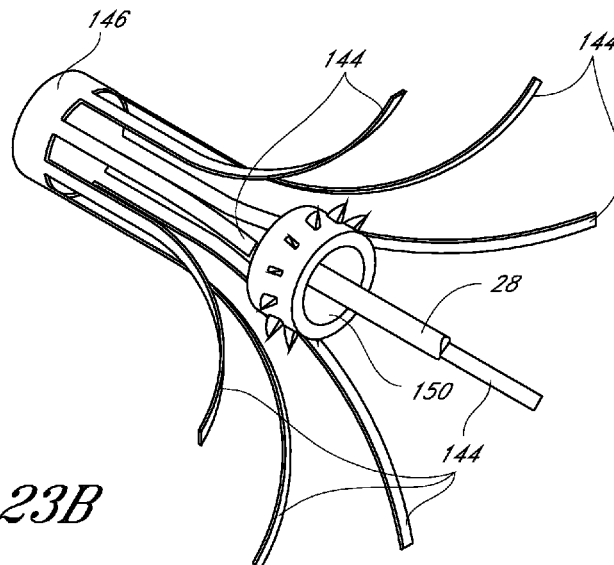


FIG. 23B

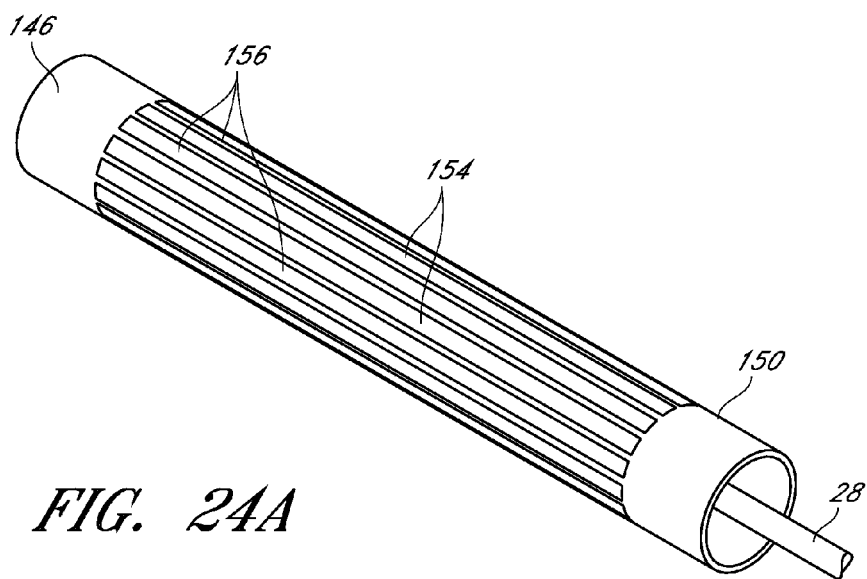


FIG. 24A

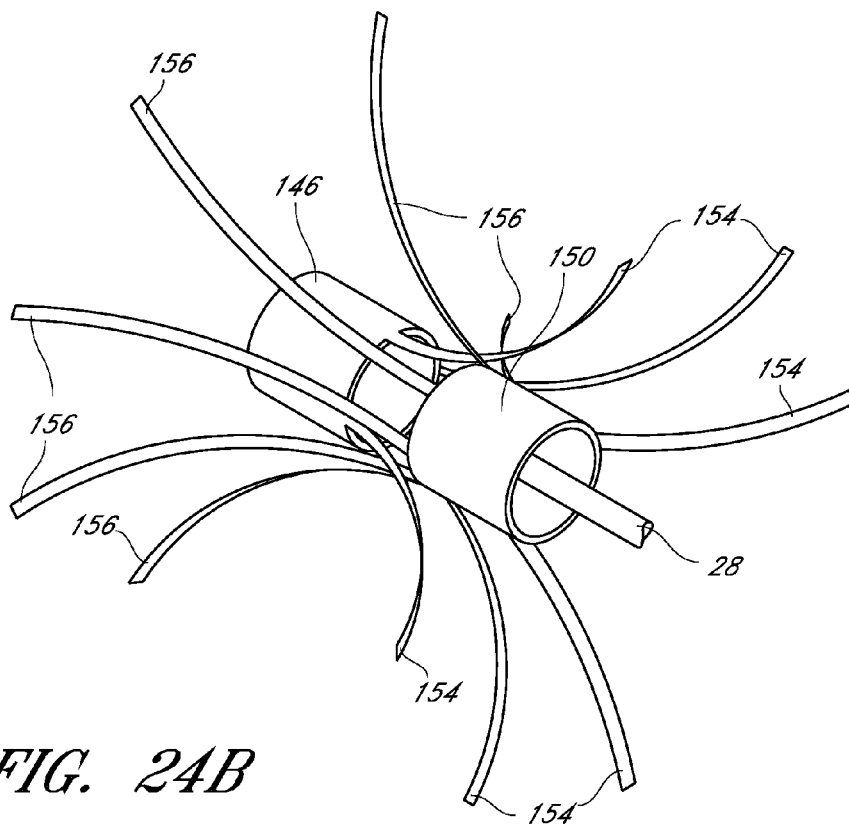
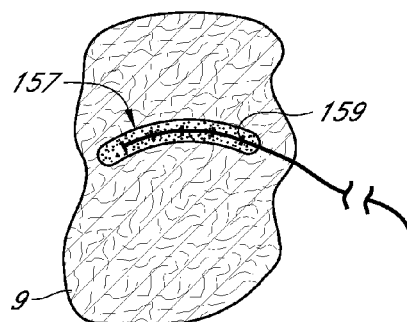
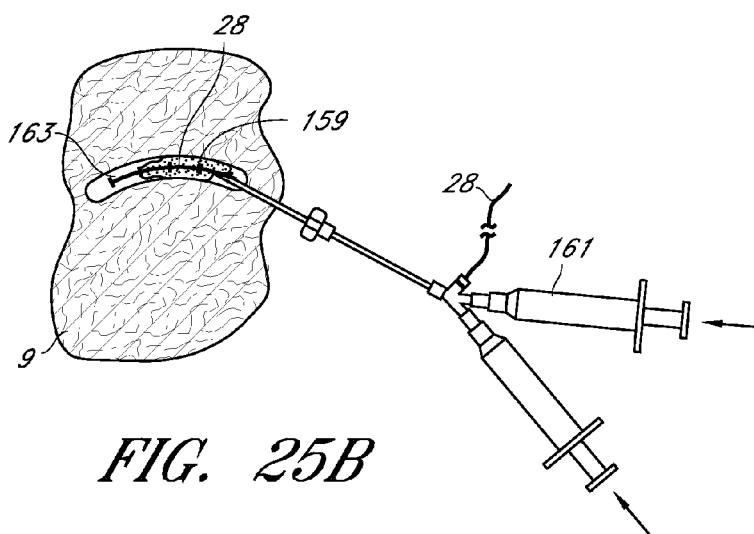
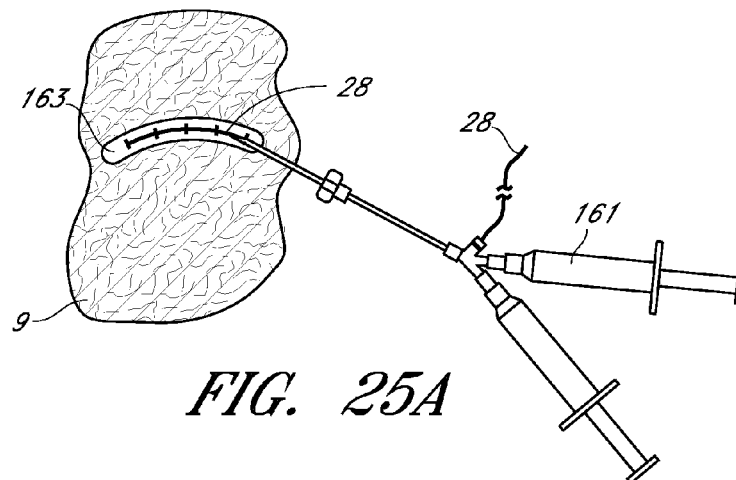


FIG. 24B



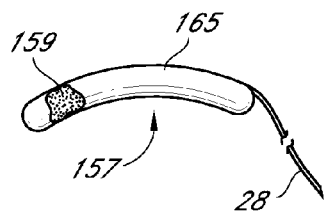


FIG. 26A

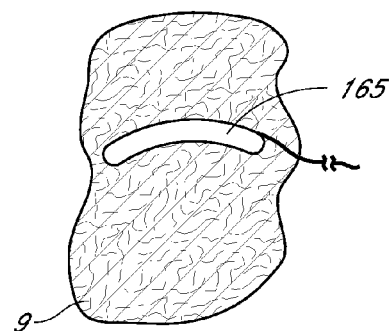


FIG. 26B

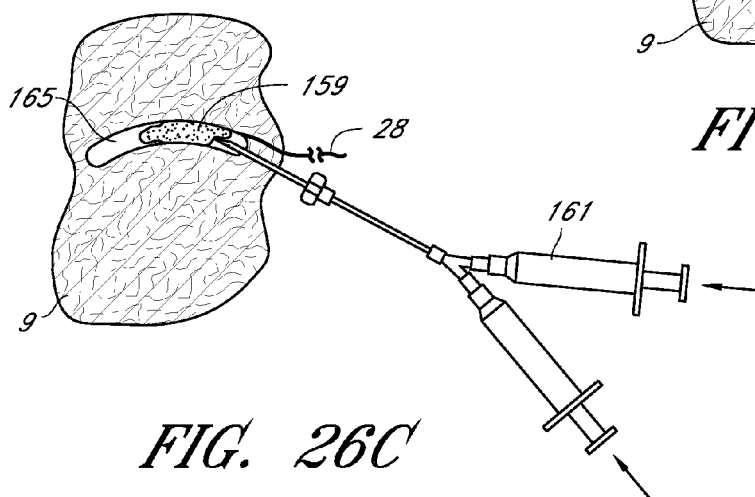


FIG. 26C

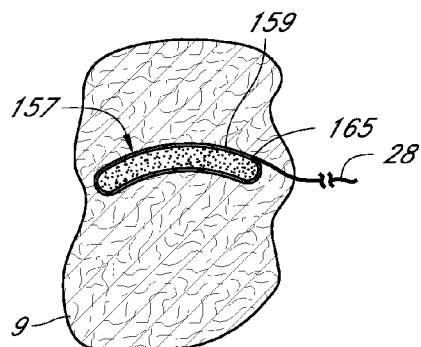


FIG. 26D

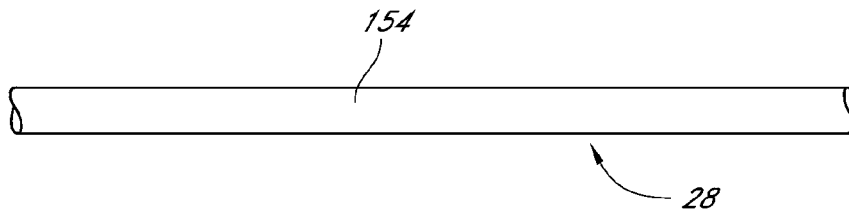


FIG. 27

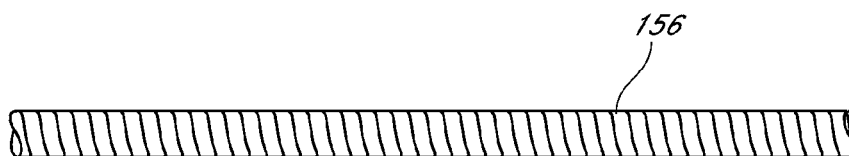


FIG. 28

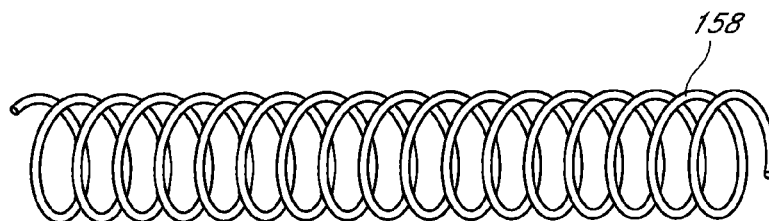


FIG. 29

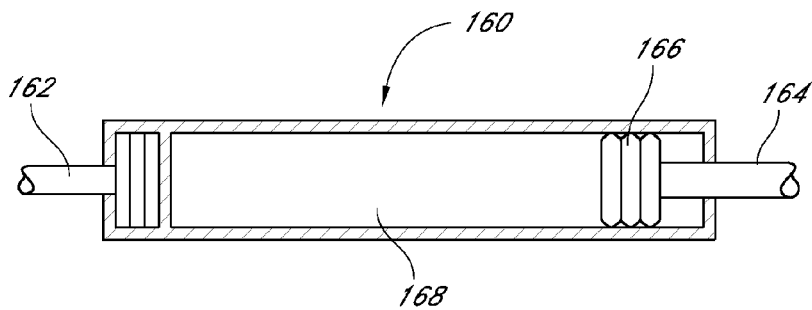


FIG. 30

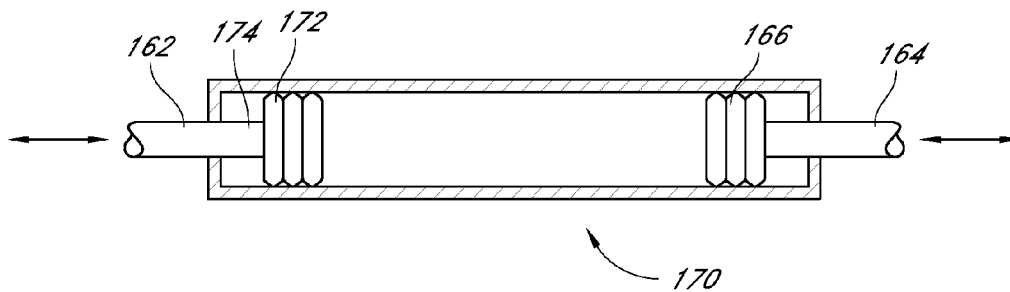


FIG. 31

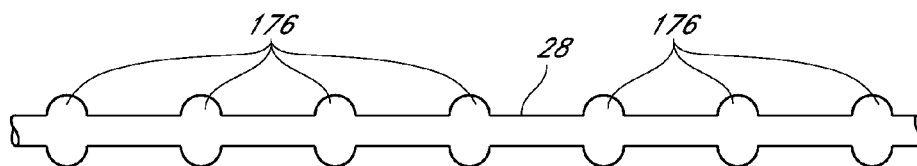


FIG. 32

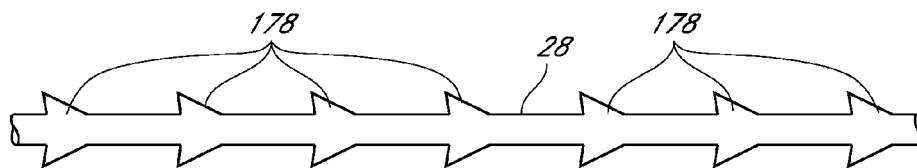


FIG. 33

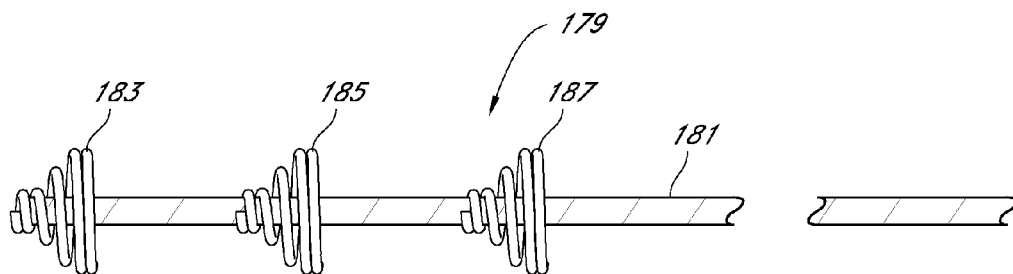


FIG. 34

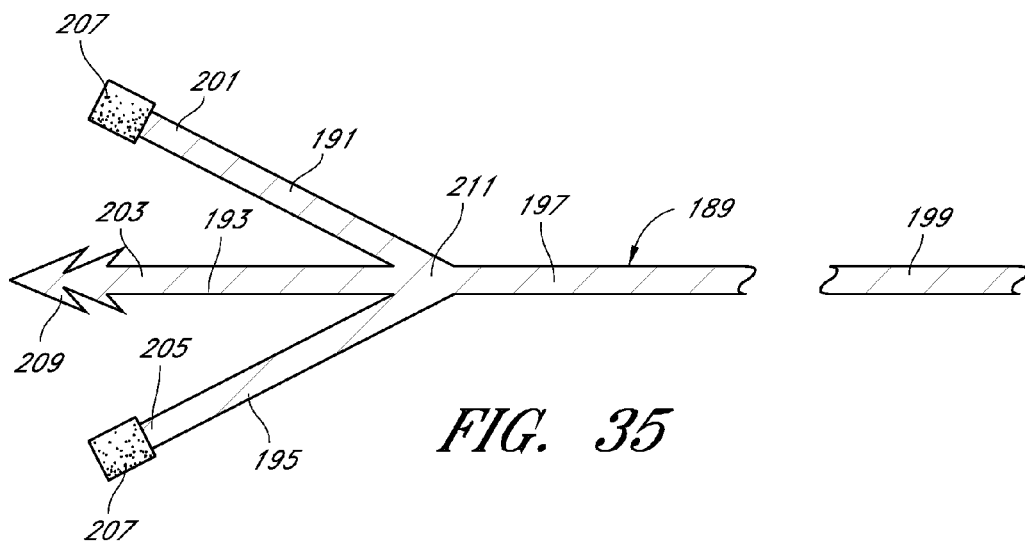


FIG. 35

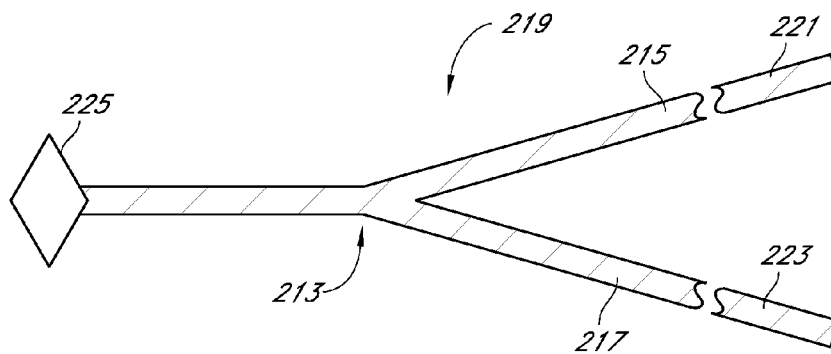


FIG. 36

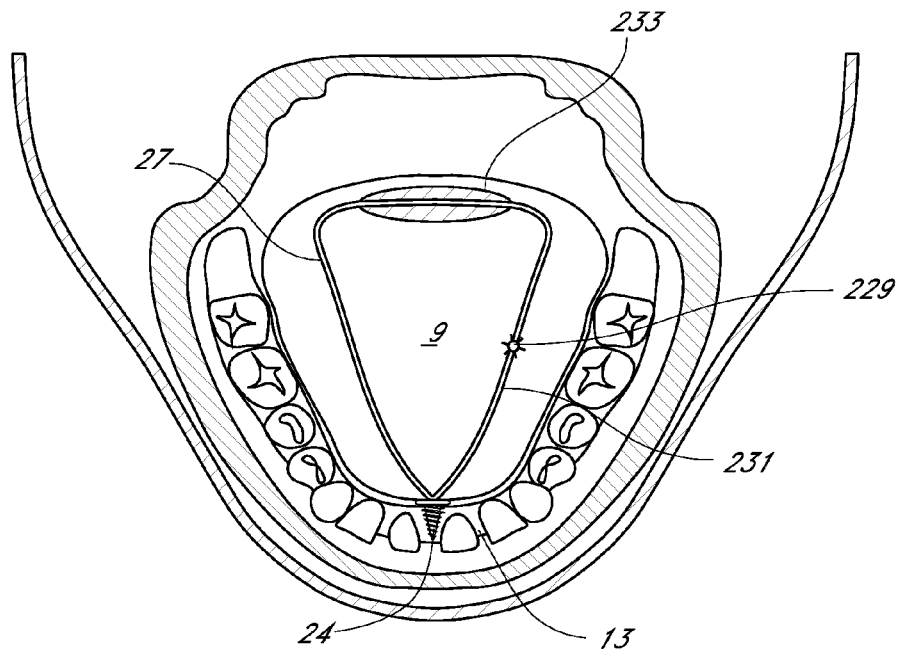


FIG. 37

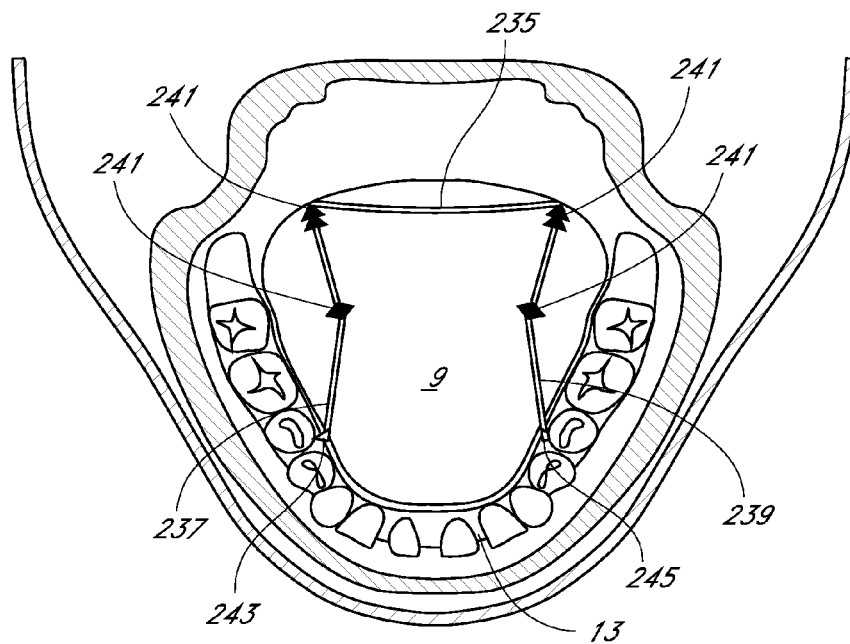


FIG. 38

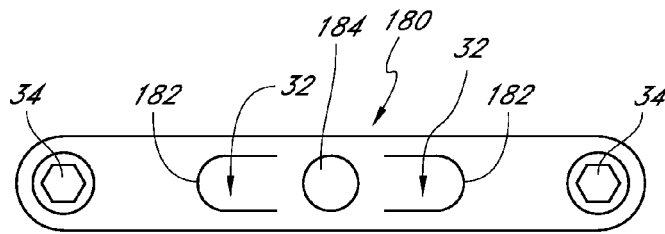


FIG. 39

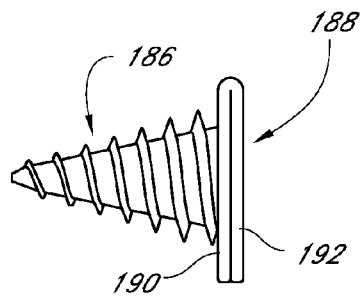


FIG. 40A

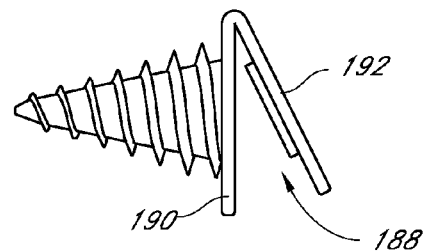


FIG. 40B

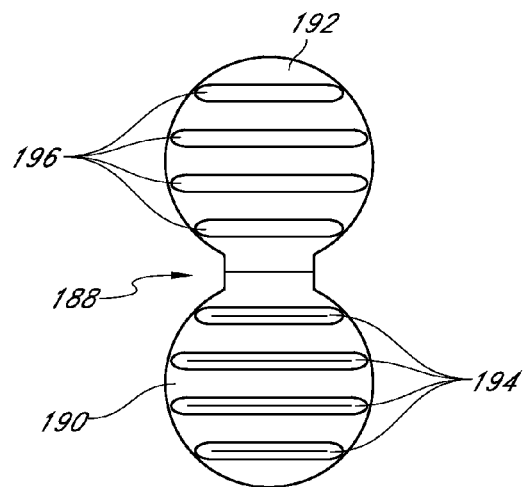


FIG. 40C

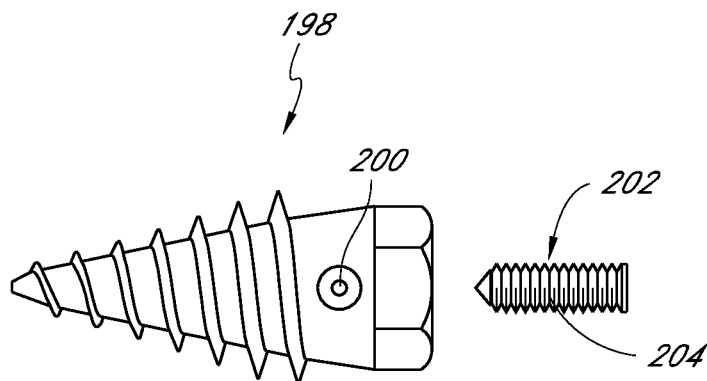


FIG. 41A

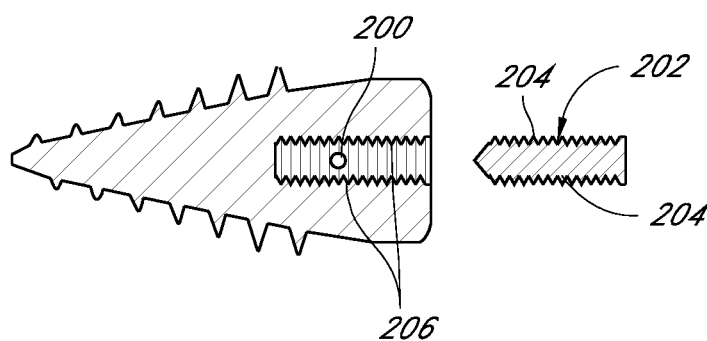


FIG. 41B

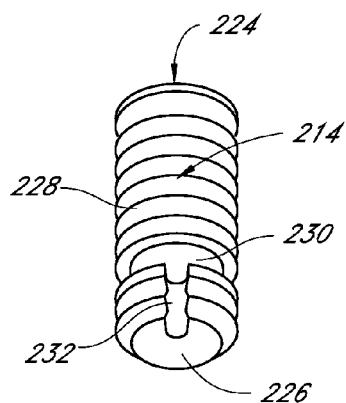


FIG. 42A

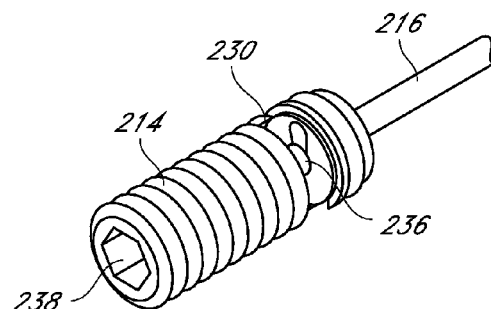


FIG. 42B

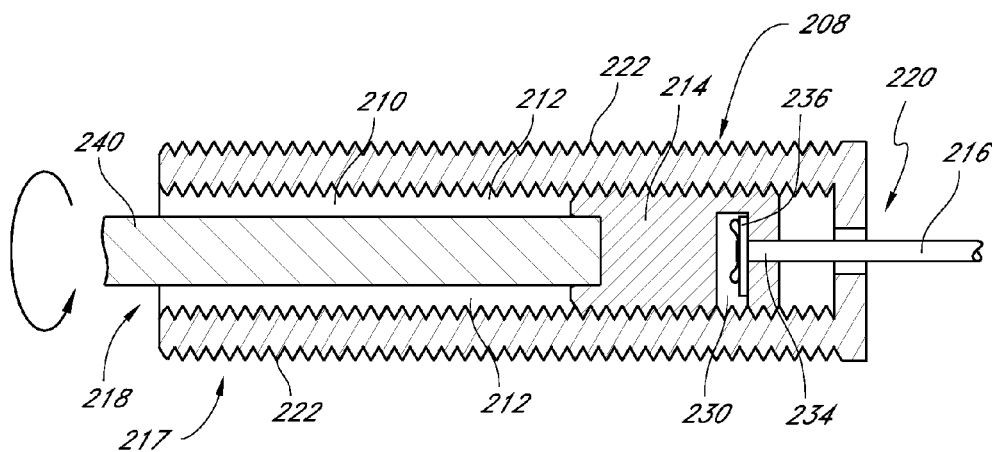


FIG. 42C

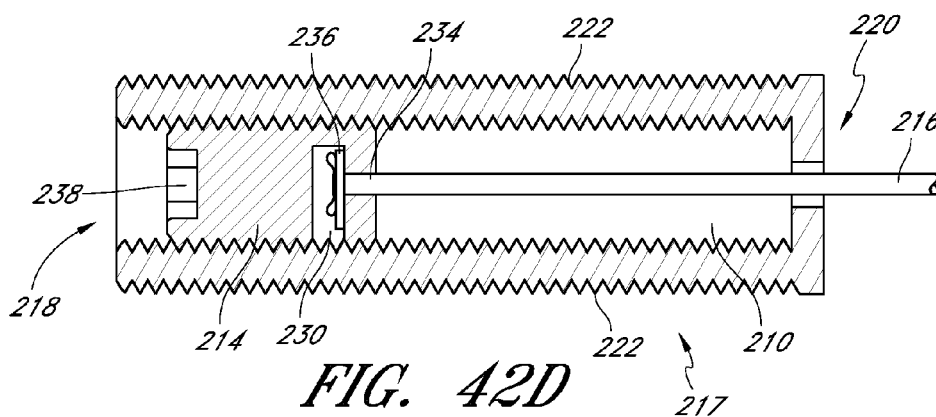


FIG. 42D

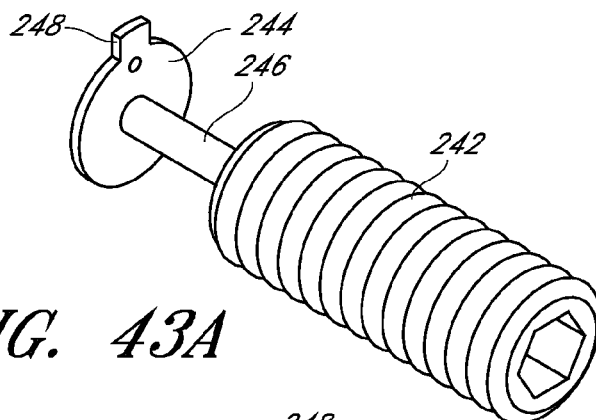


FIG. 43A

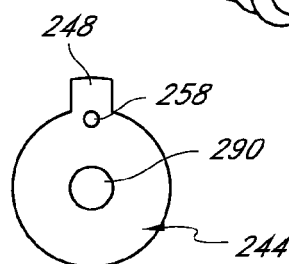


FIG. 43B

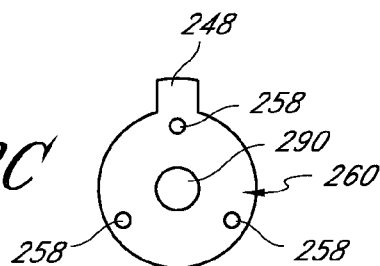


FIG. 43C

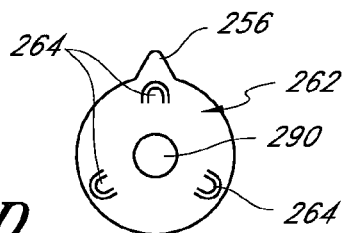


FIG. 43D

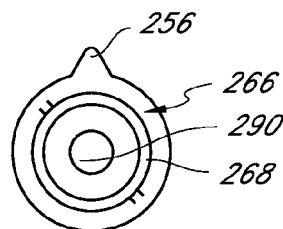


FIG. 43E

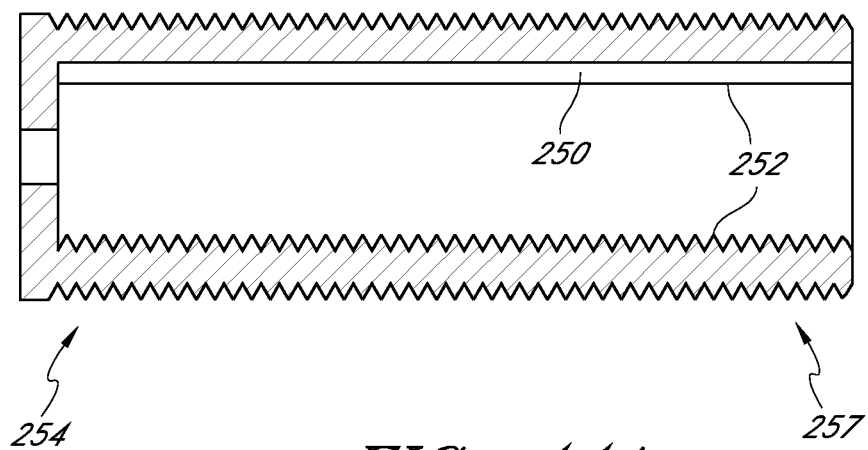


FIG. 44A

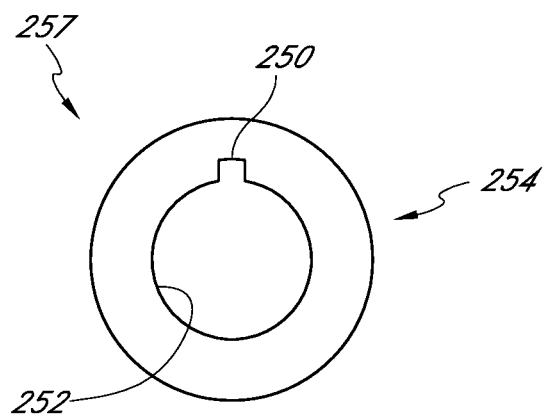


FIG. 44B

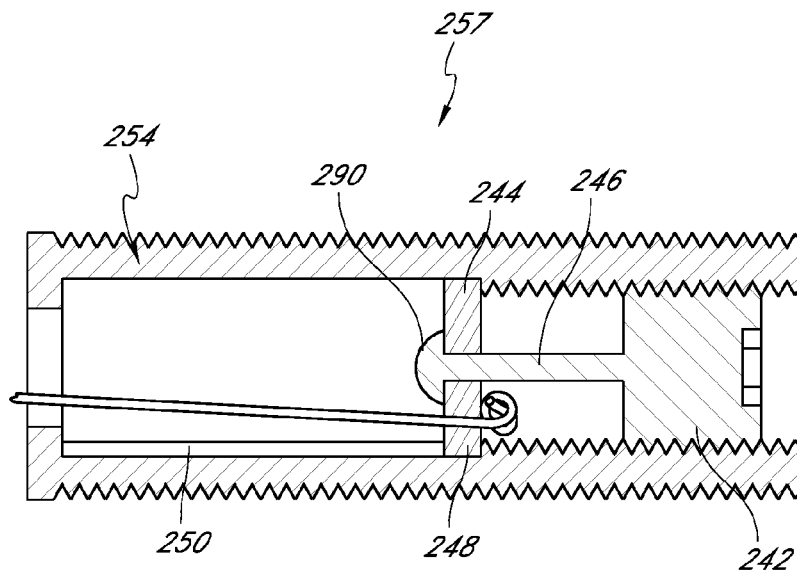


FIG. 45A

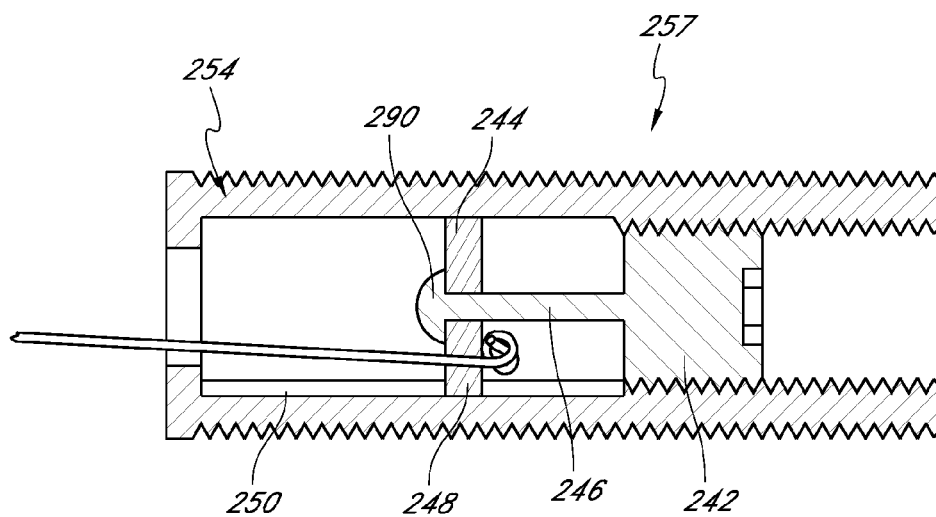


FIG. 45B

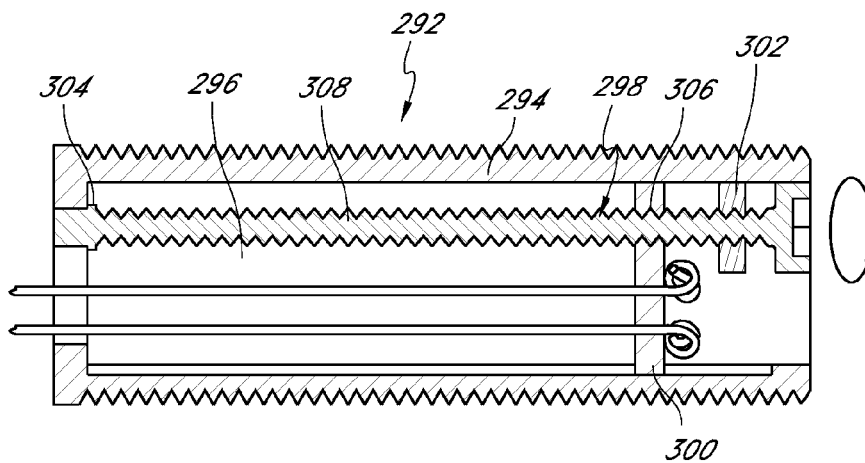


FIG. 46A

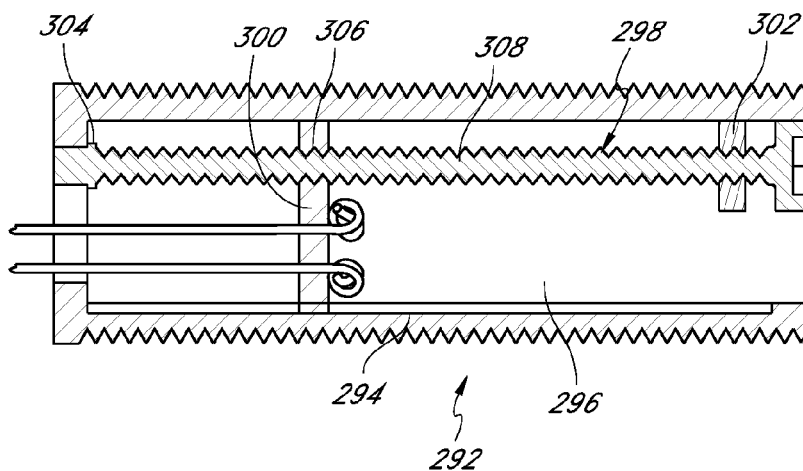


FIG. 46B

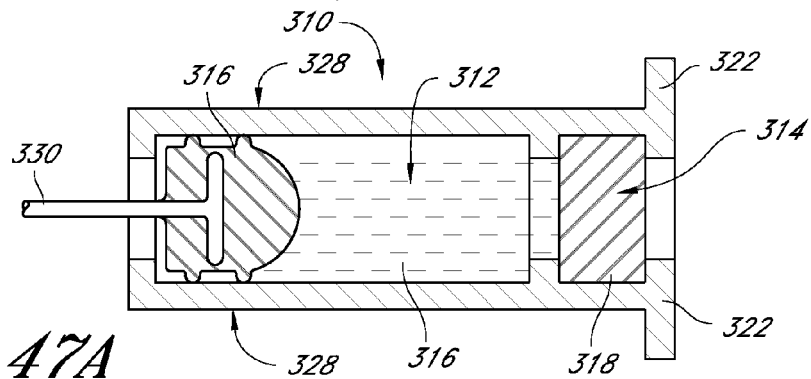


FIG. 47A

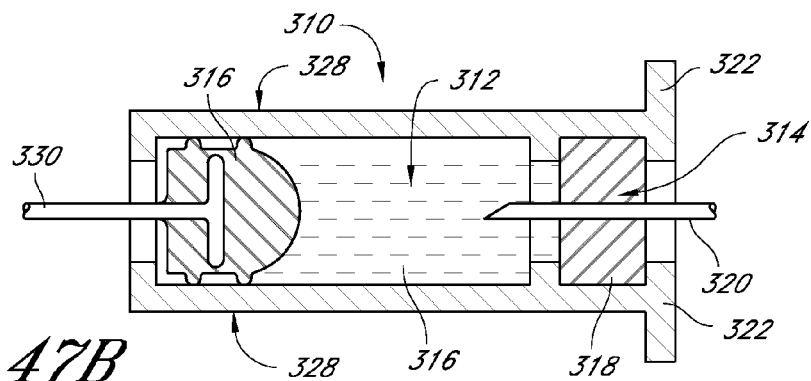


FIG. 47B

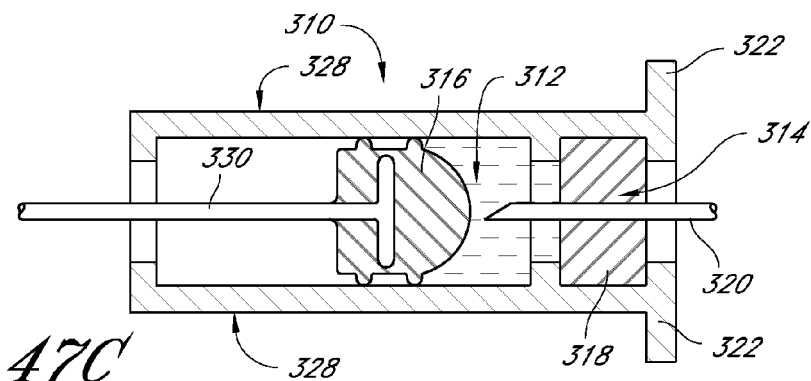


FIG. 47C

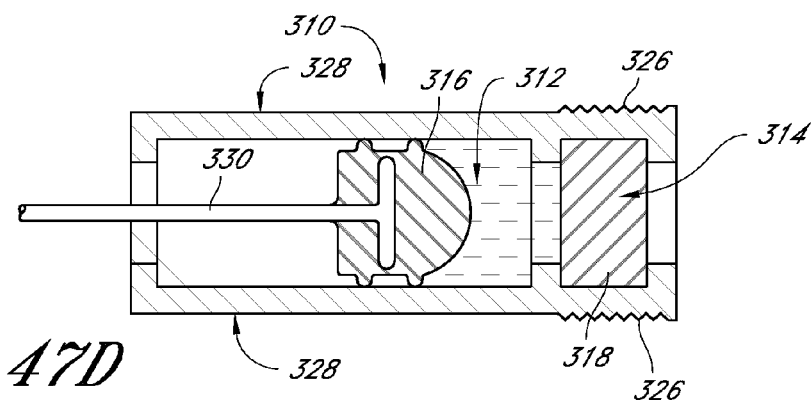


FIG. 47D

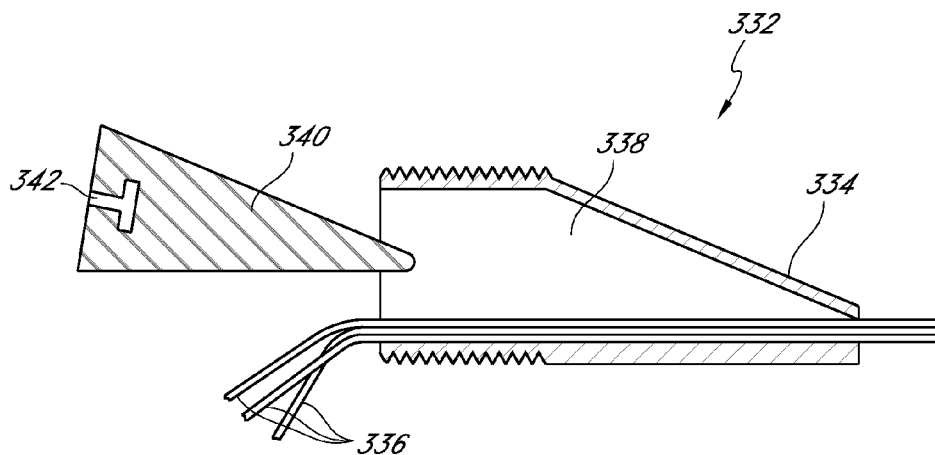


FIG. 48A

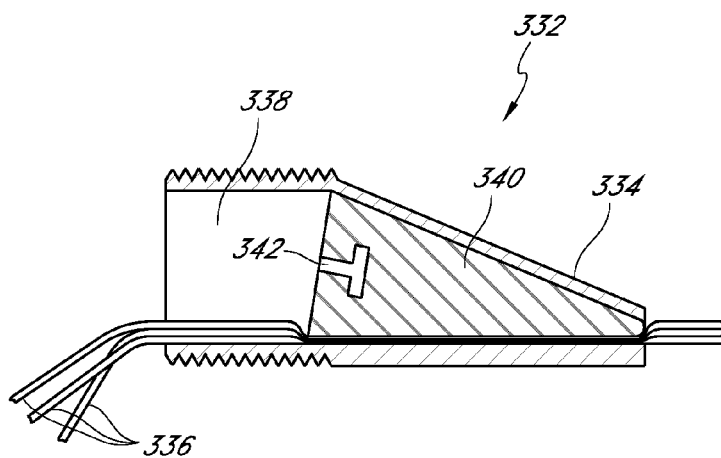


FIG. 48B

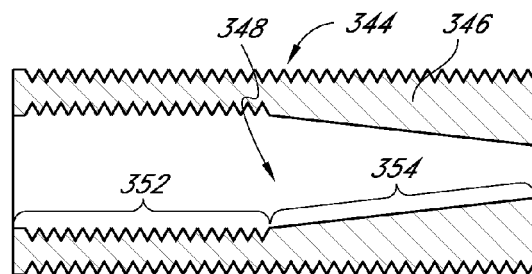


FIG. 49A

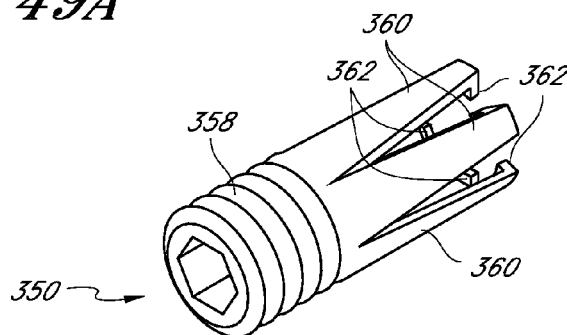


FIG. 49B

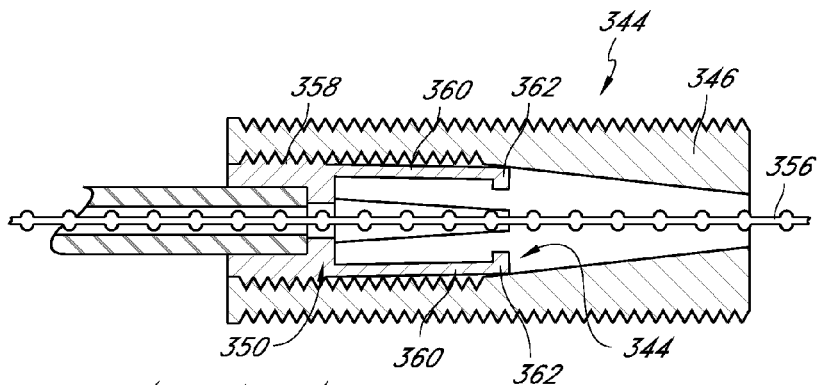


FIG. 49C

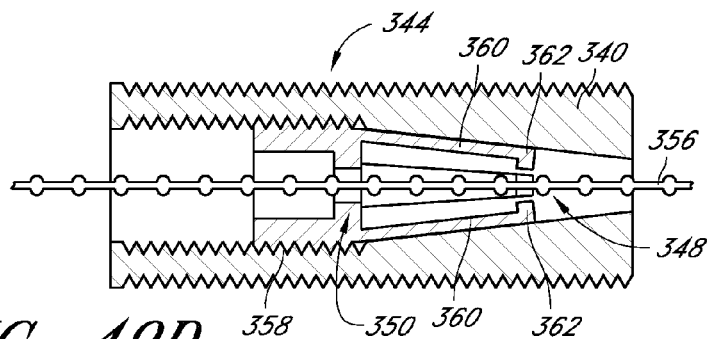


FIG. 49D

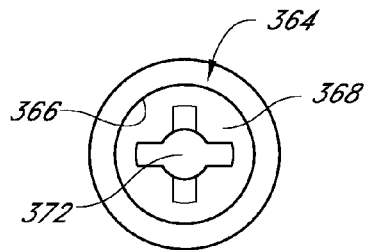


FIG. 50A

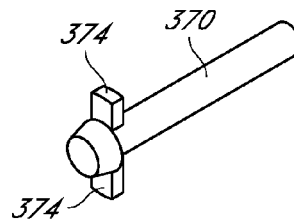


FIG. 50B

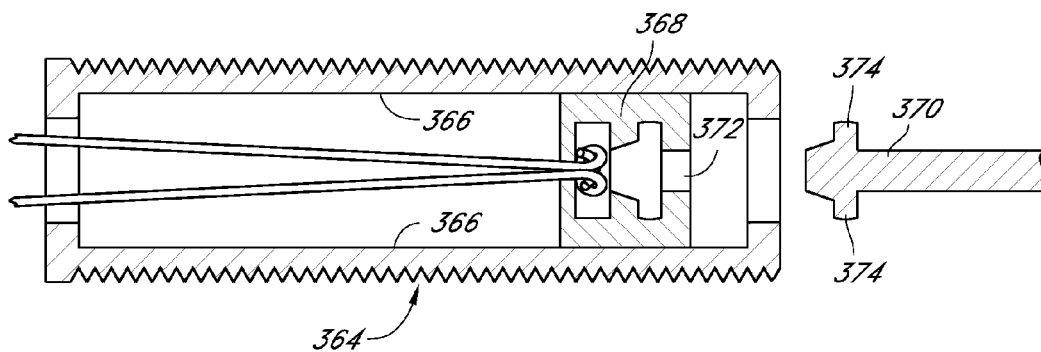


FIG. 50C

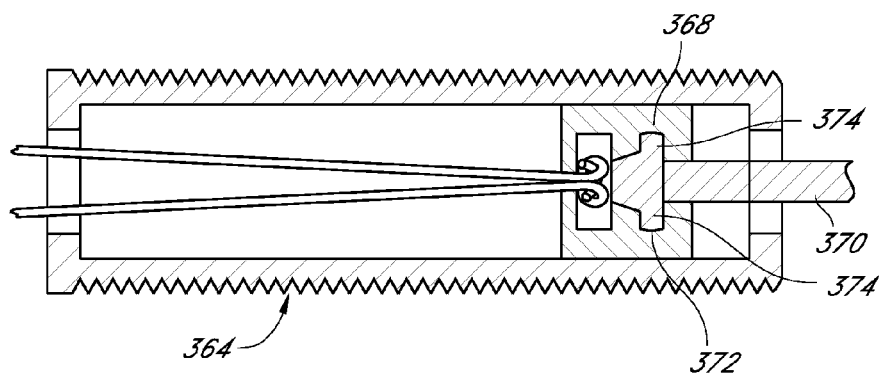


FIG. 50D

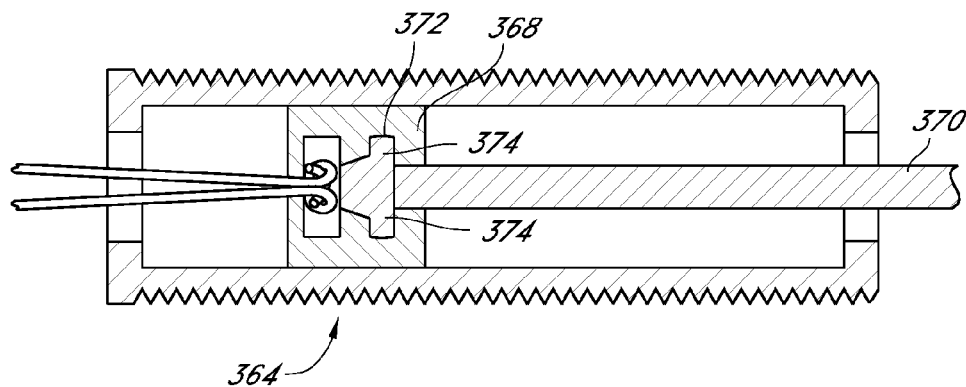


FIG. 50E

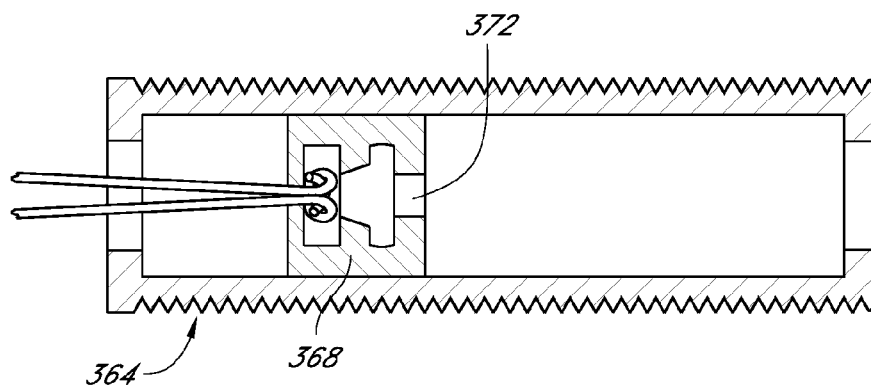


FIG. 50F

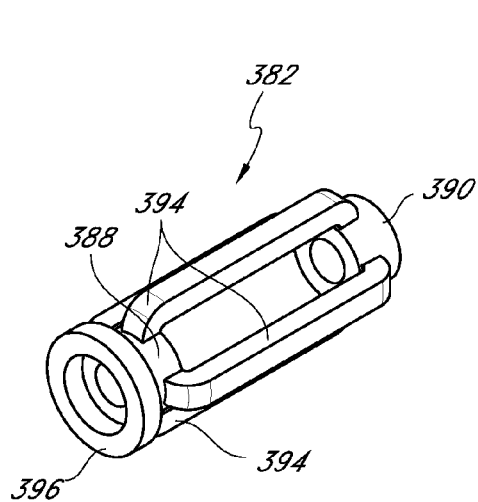


FIG. 51A

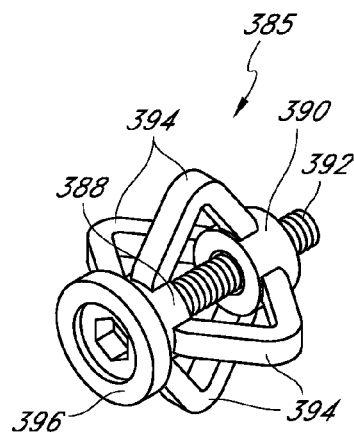


FIG. 51B

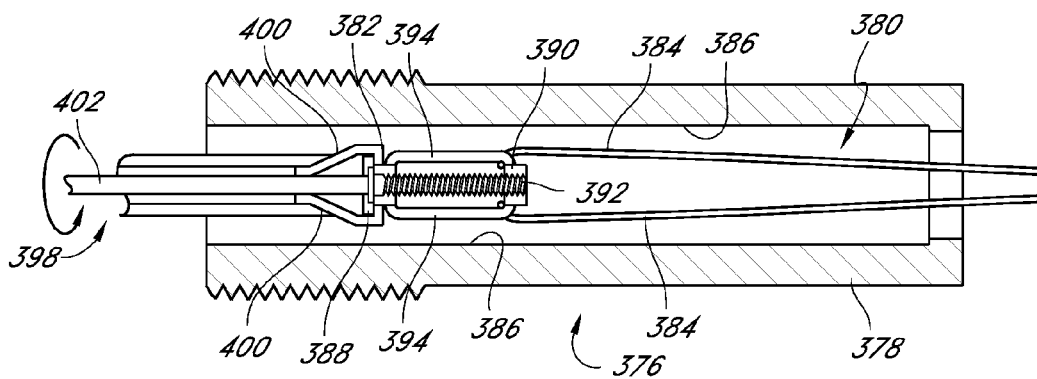


FIG. 51C

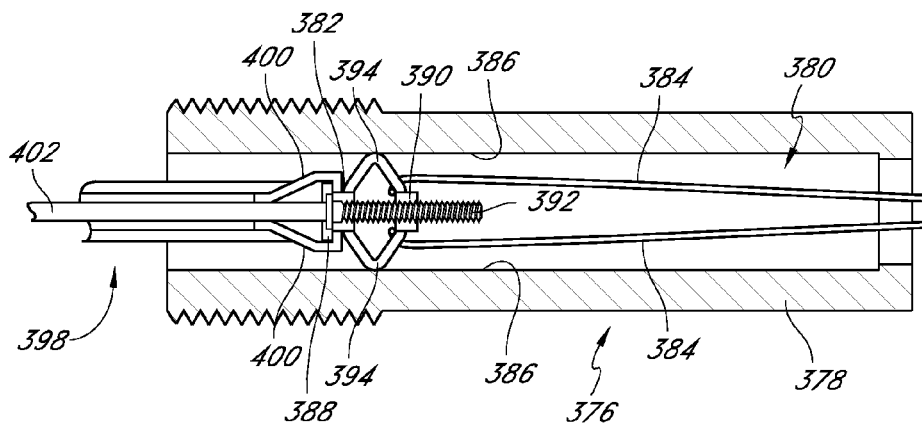


FIG. 51D

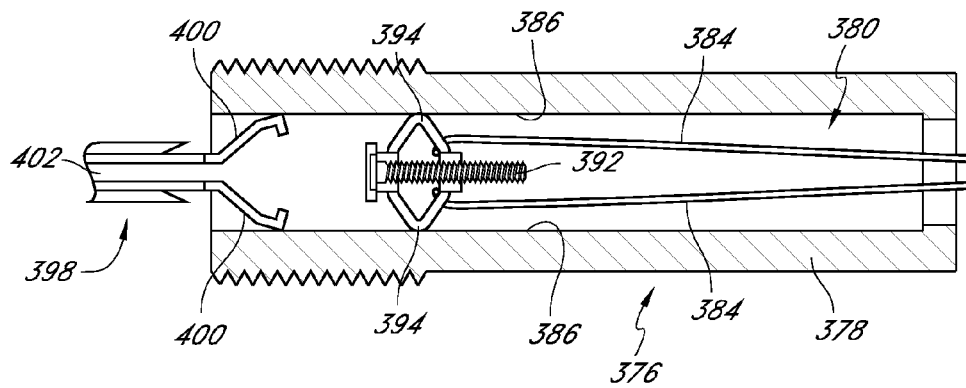


FIG. 51E

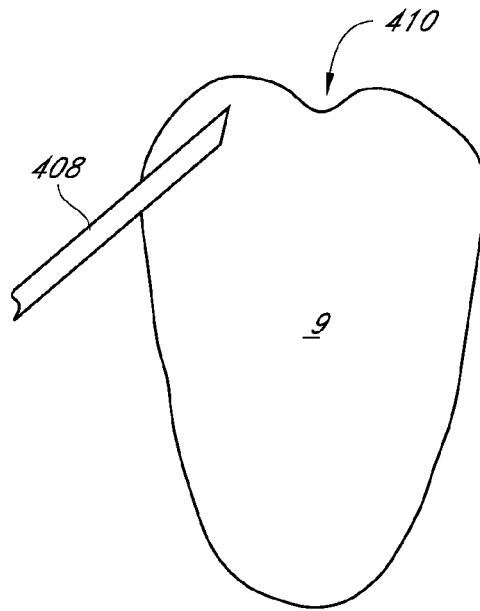


FIG. 52A

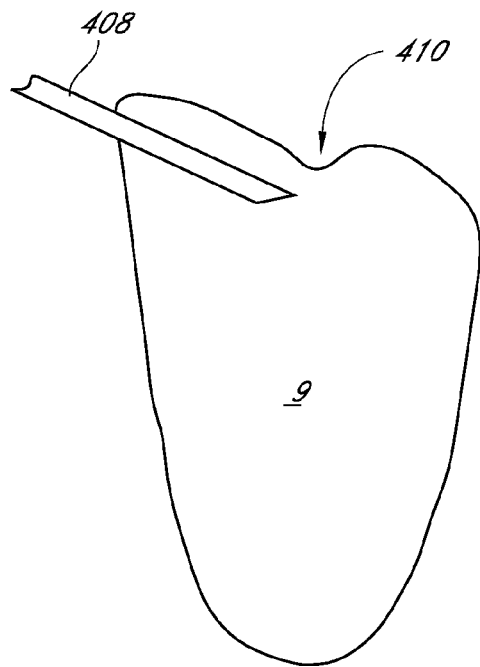


FIG. 52B

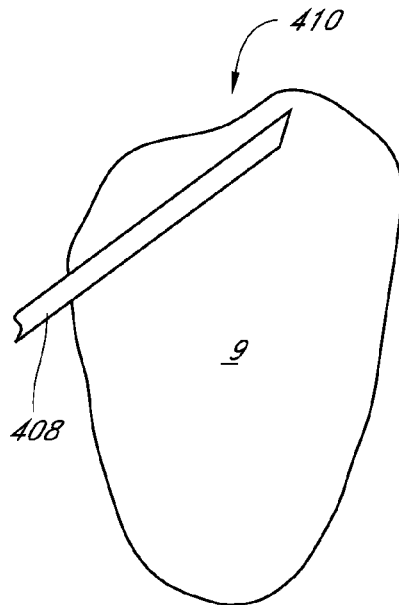


FIG. 52C

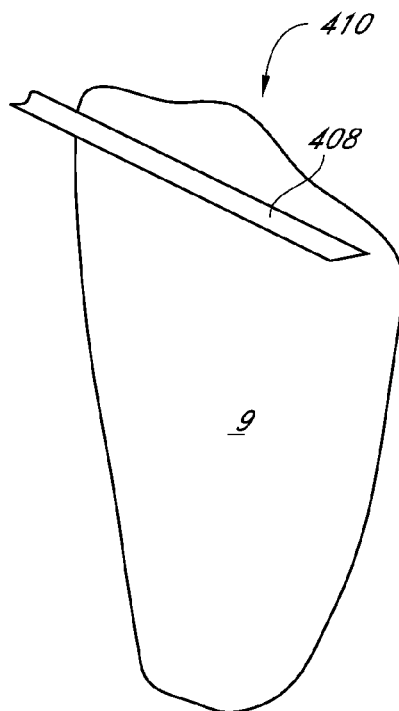


FIG. 52D

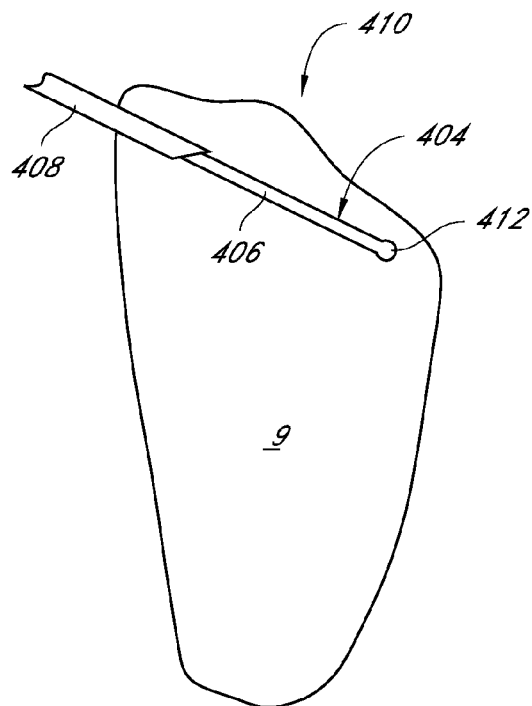


FIG. 52E

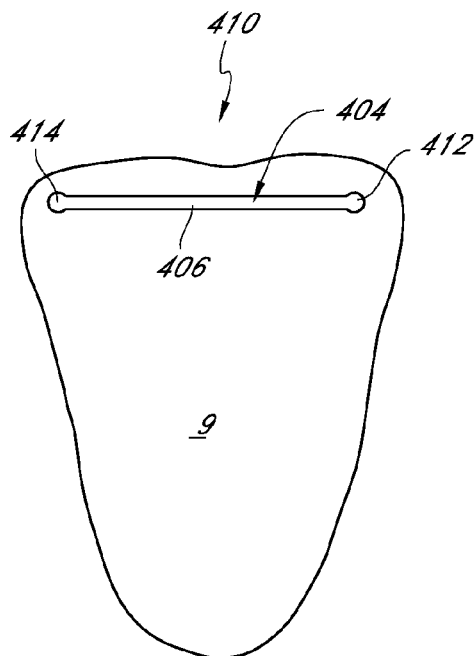


FIG. 52F

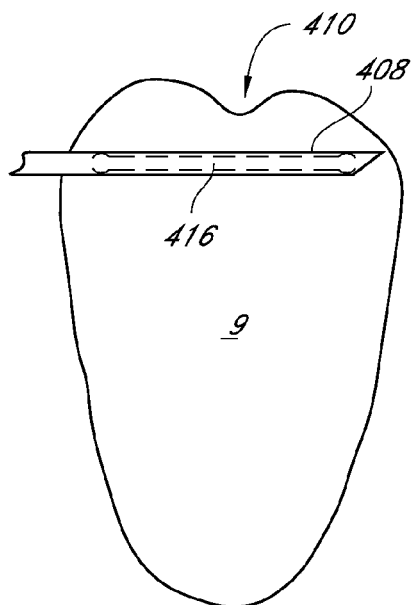


FIG. 53A

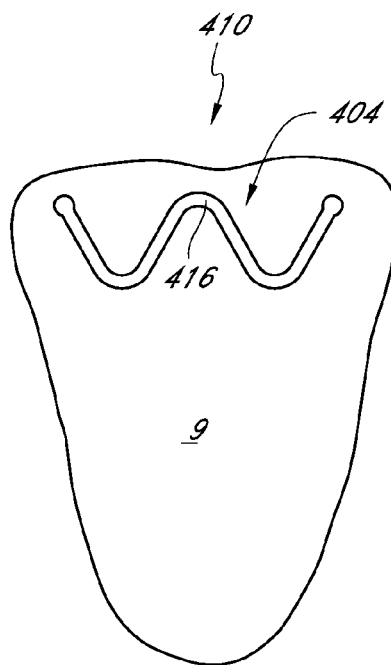


FIG. 53B

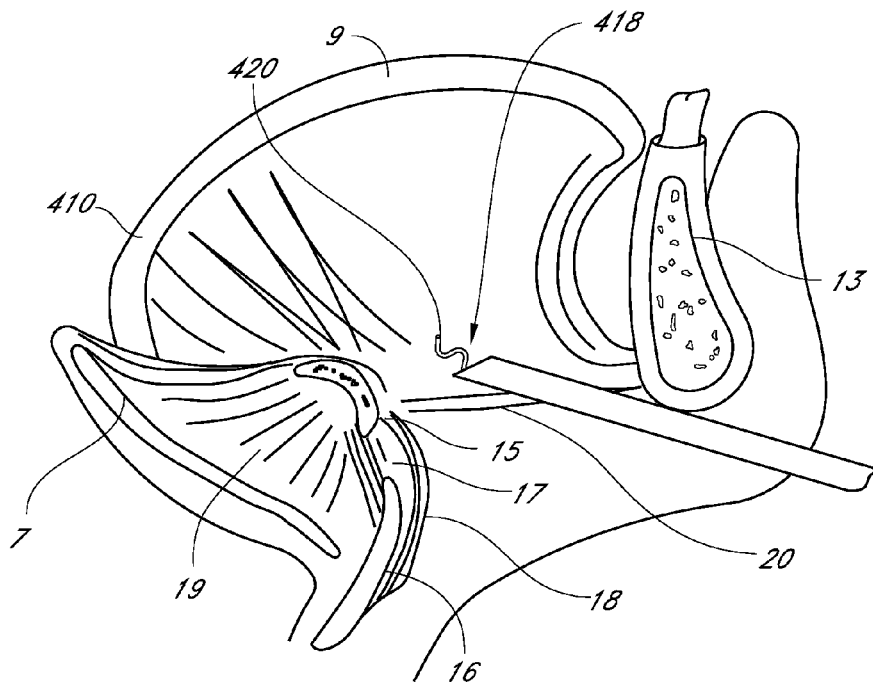


FIG. 54A

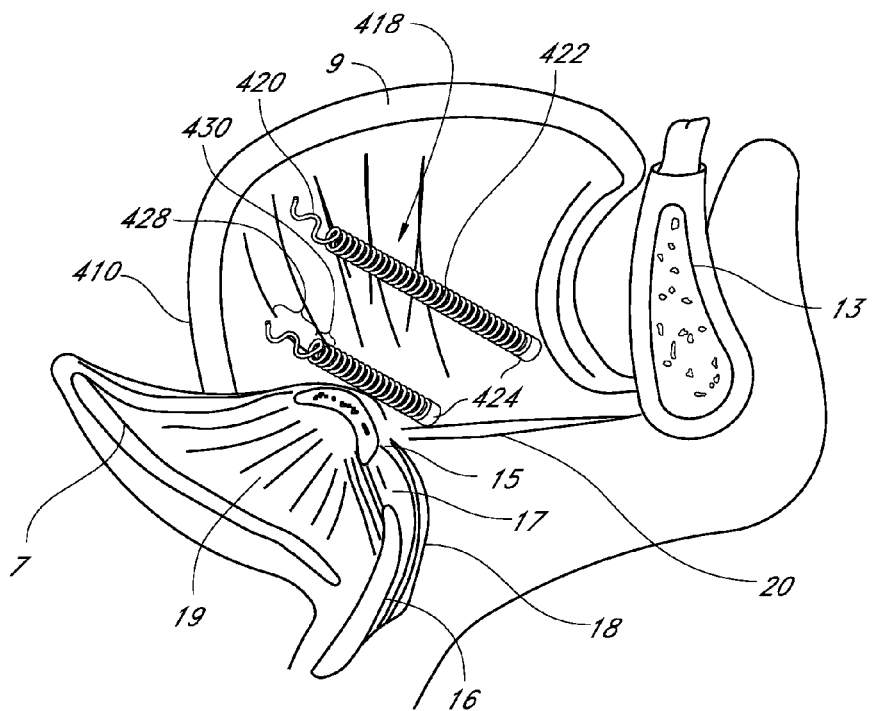
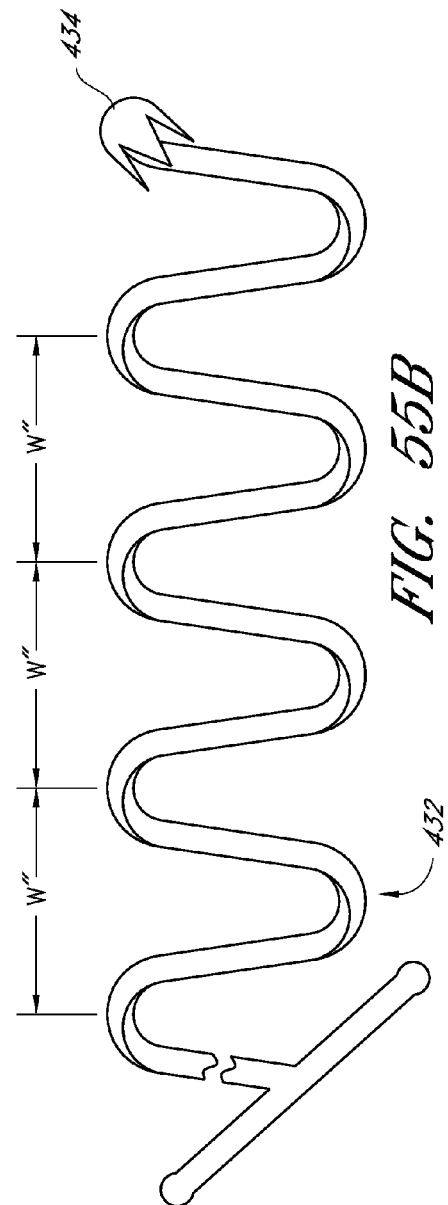
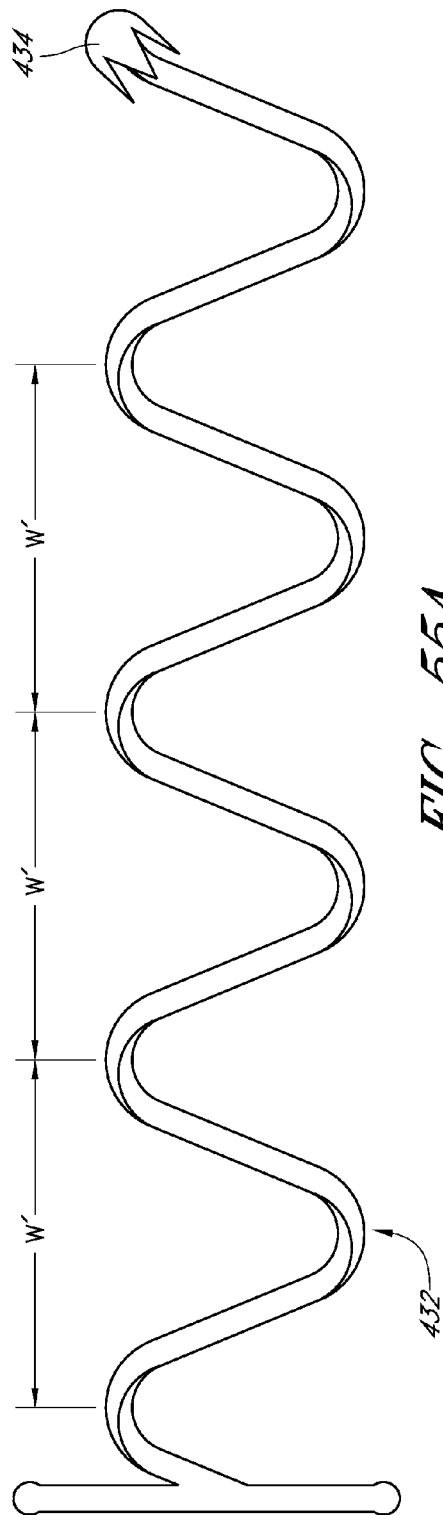
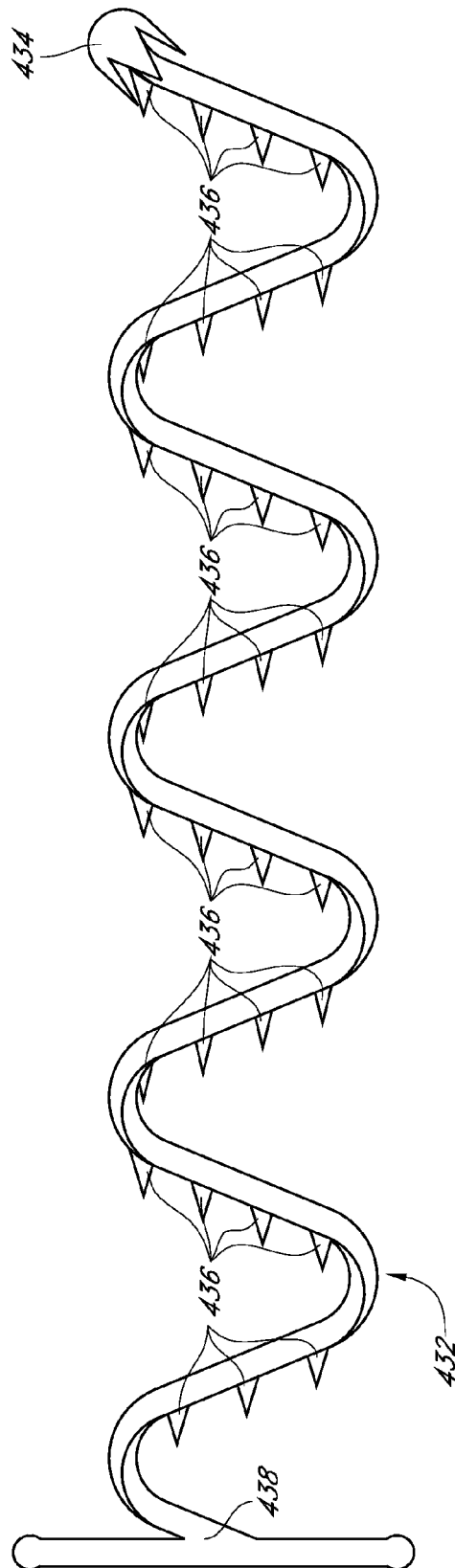
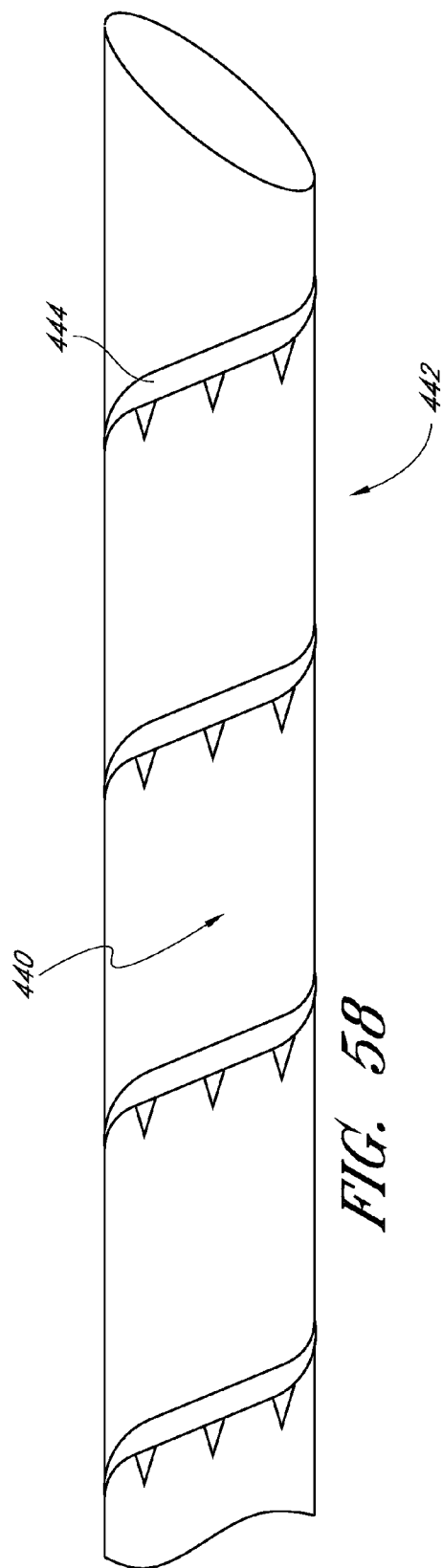
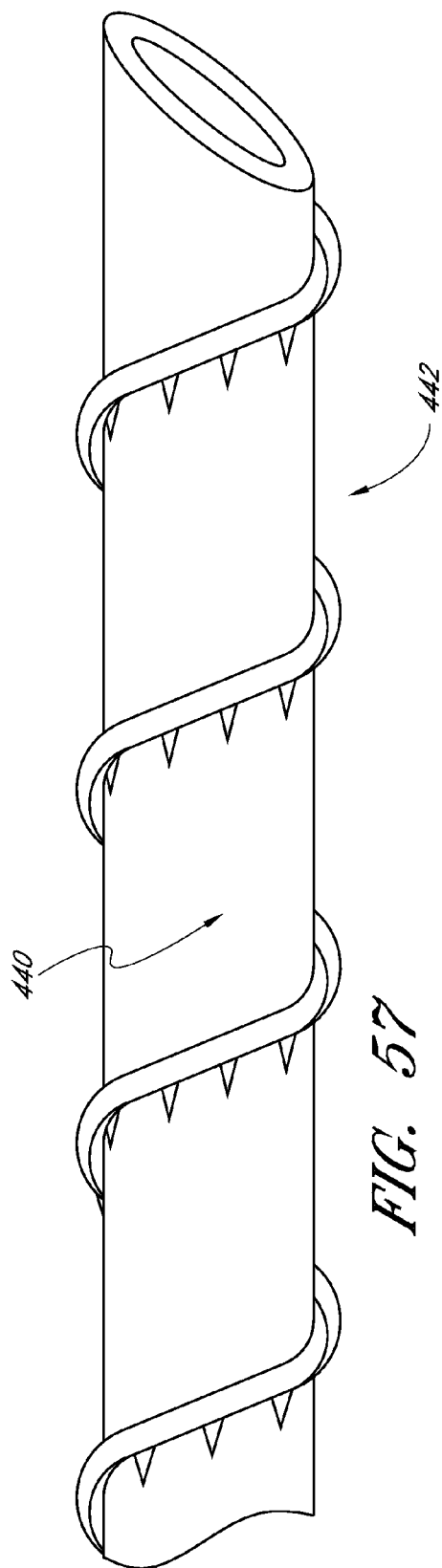


FIG. 54B







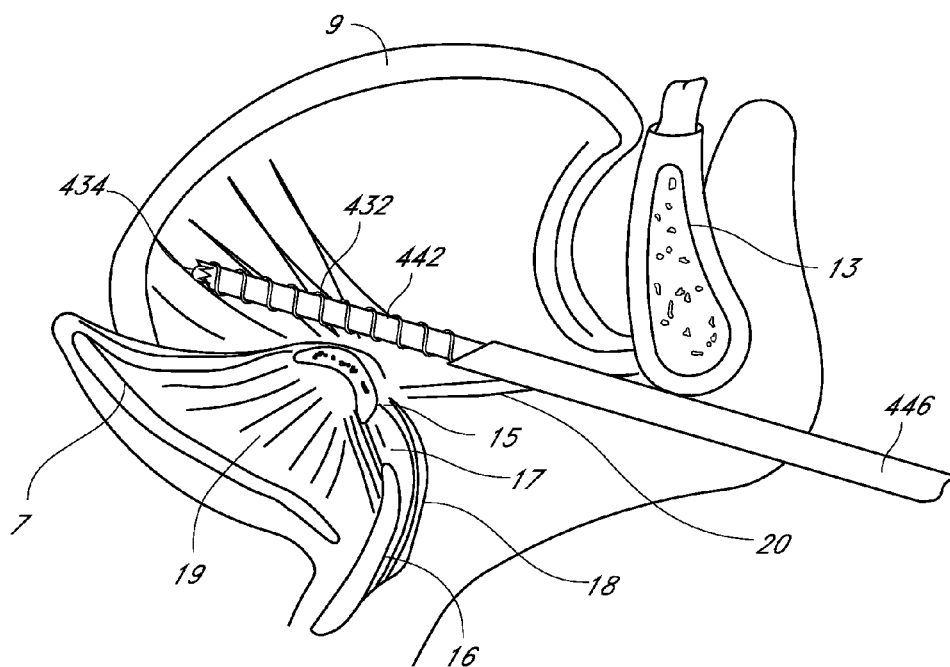


FIG. 59A

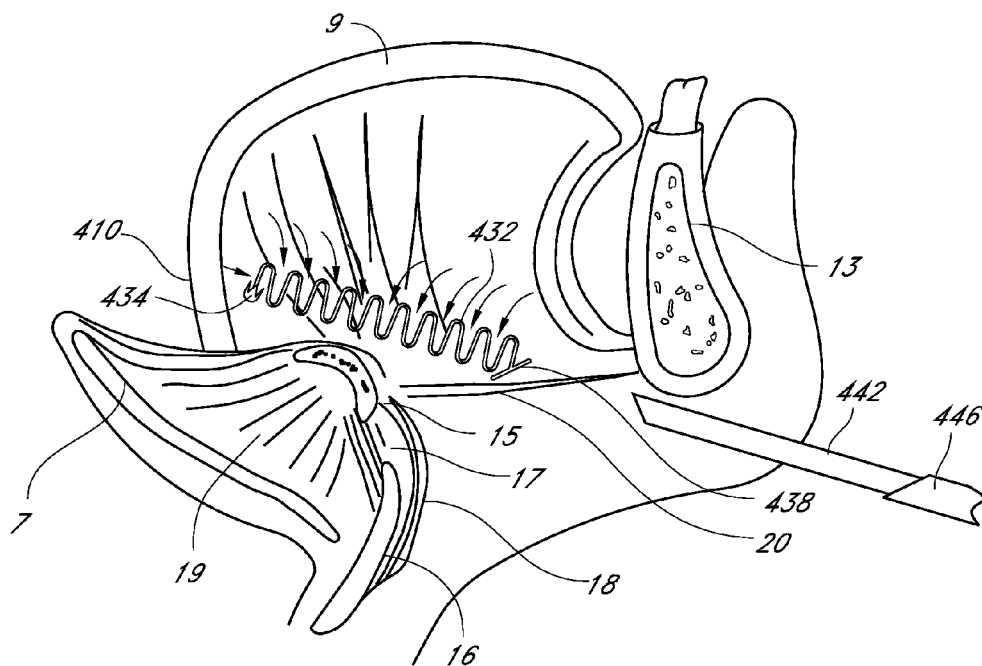


FIG. 59B

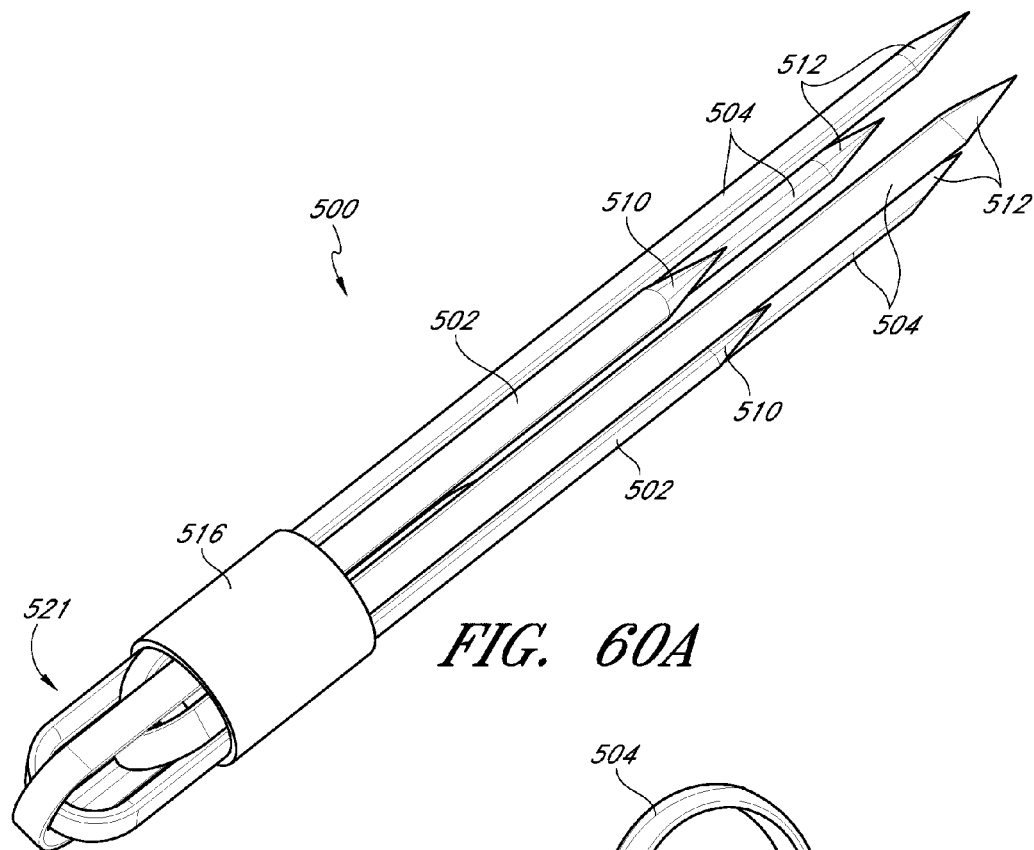


FIG. 60A

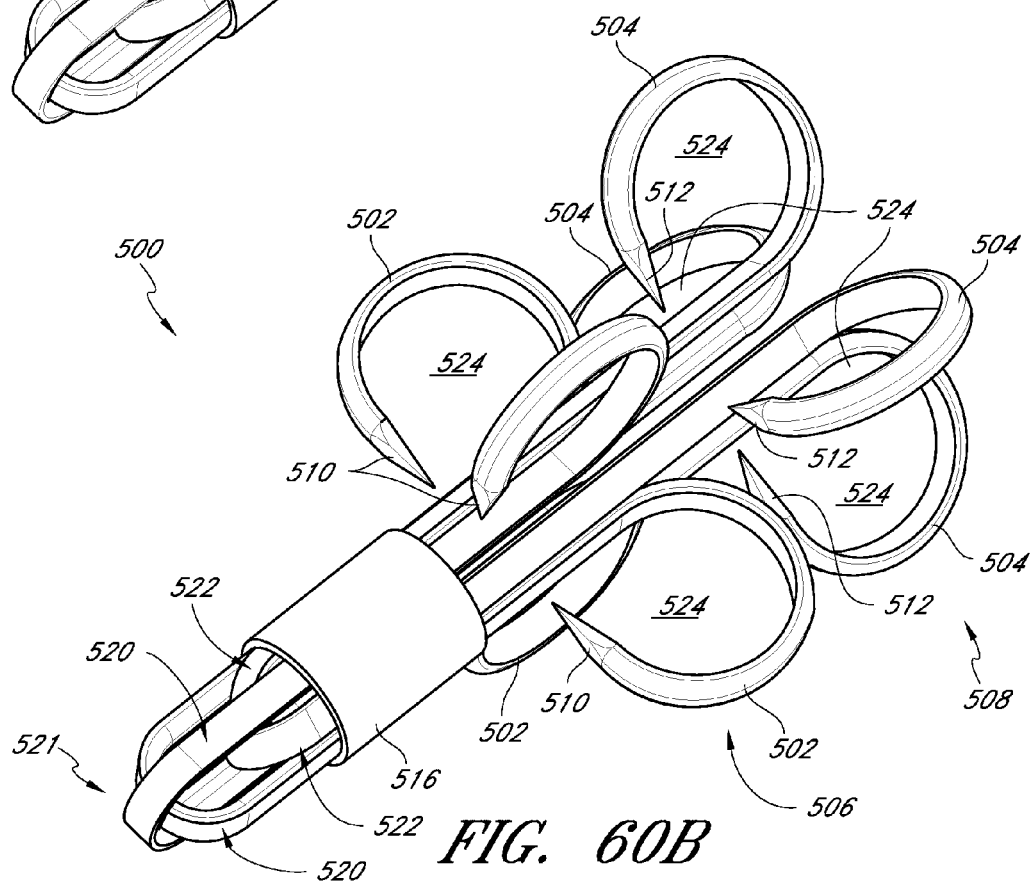


FIG. 60B

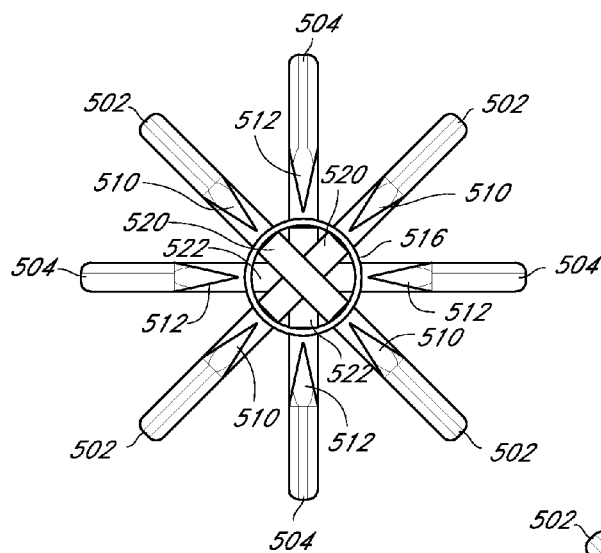


FIG. 60C

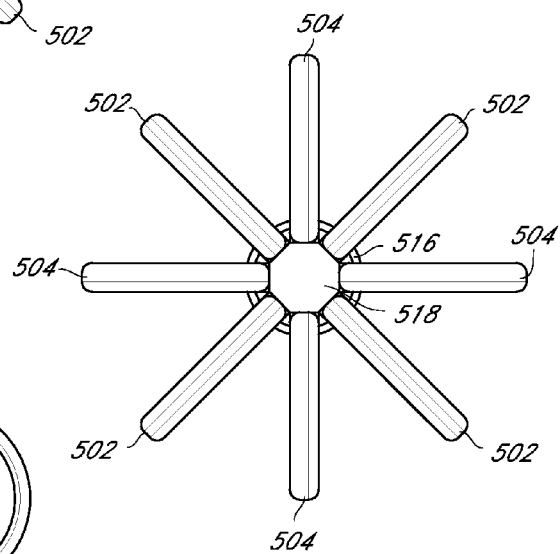


FIG. 60D

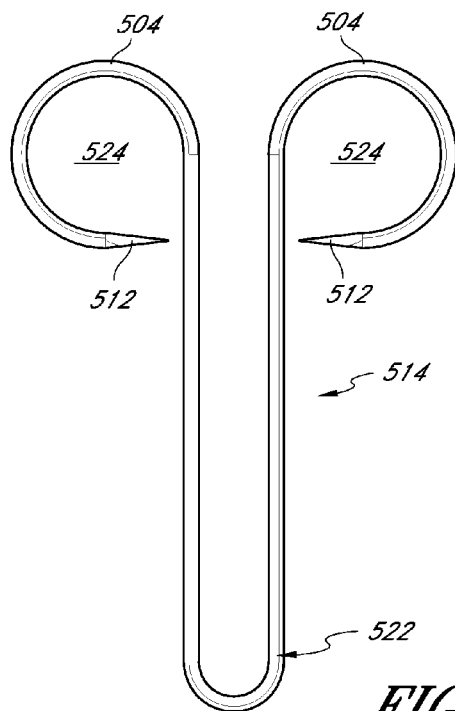


FIG. 60E

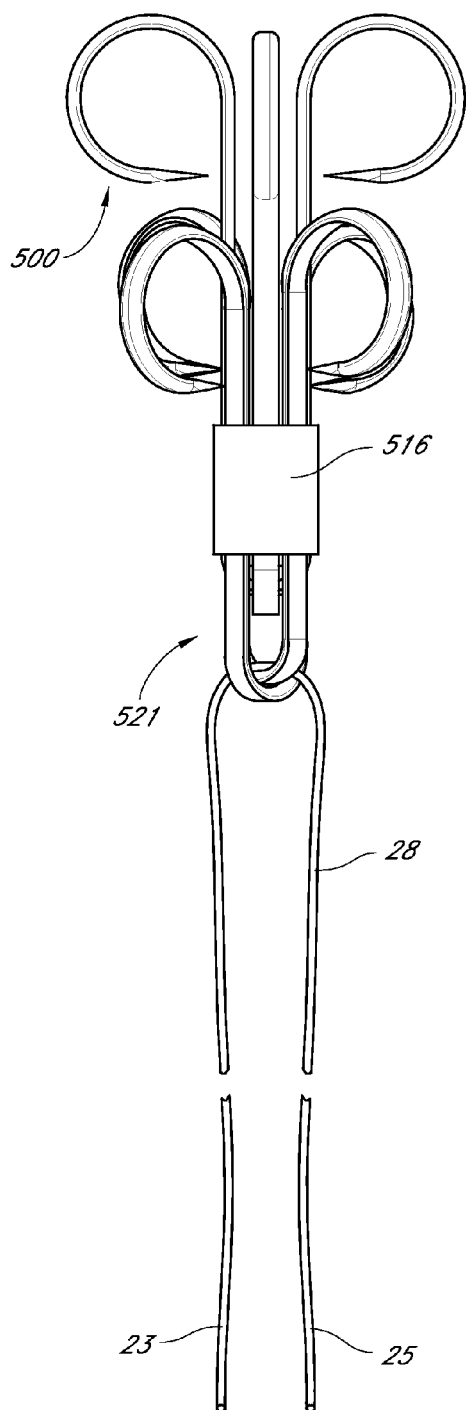


FIG. 60F

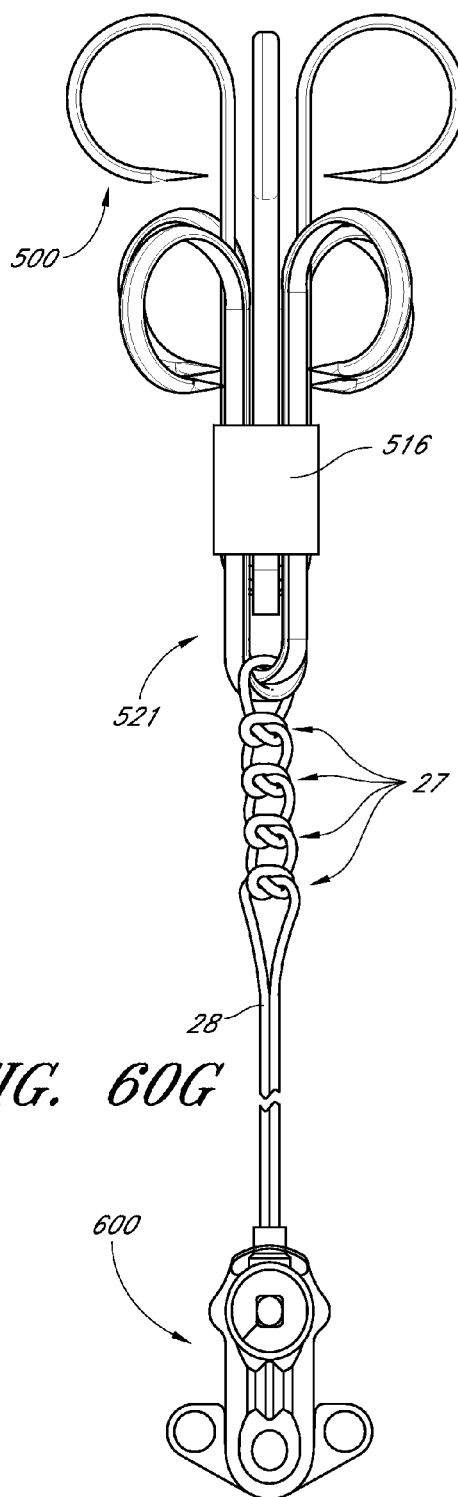


FIG. 60G

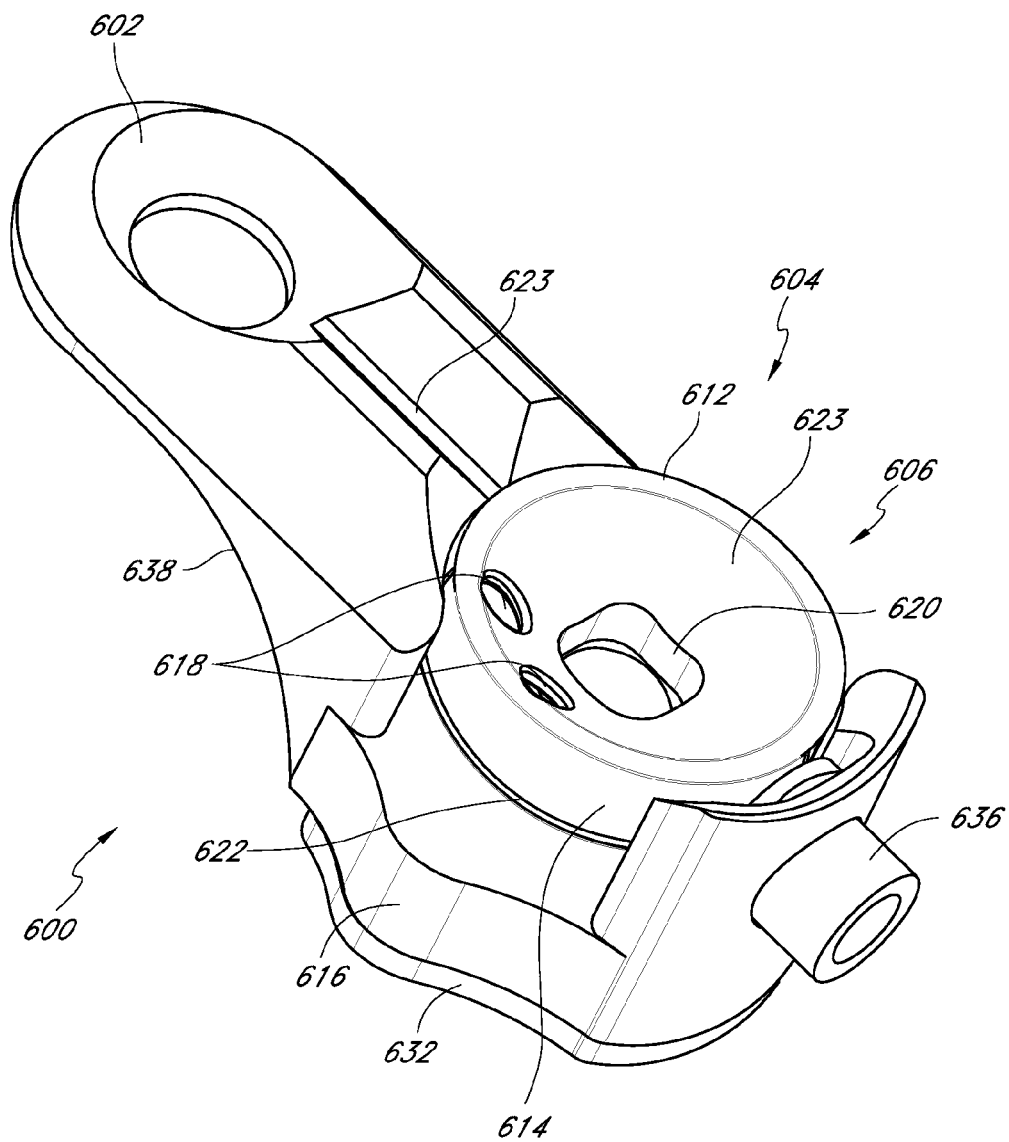


FIG. 61A

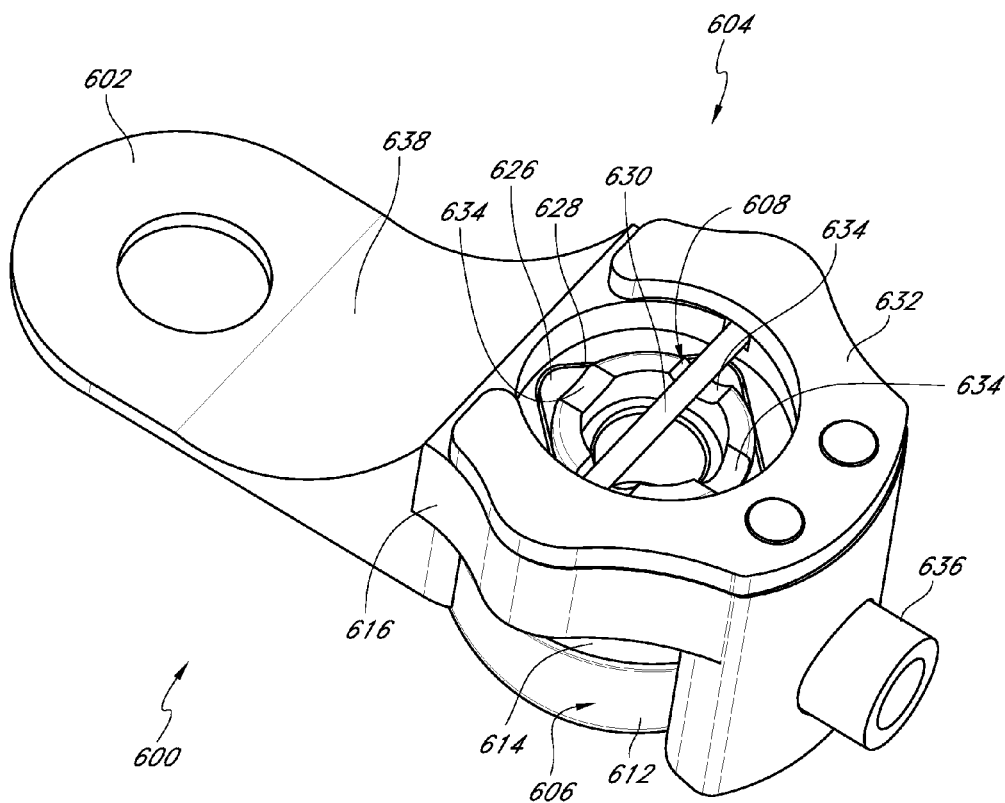


FIG. 61B

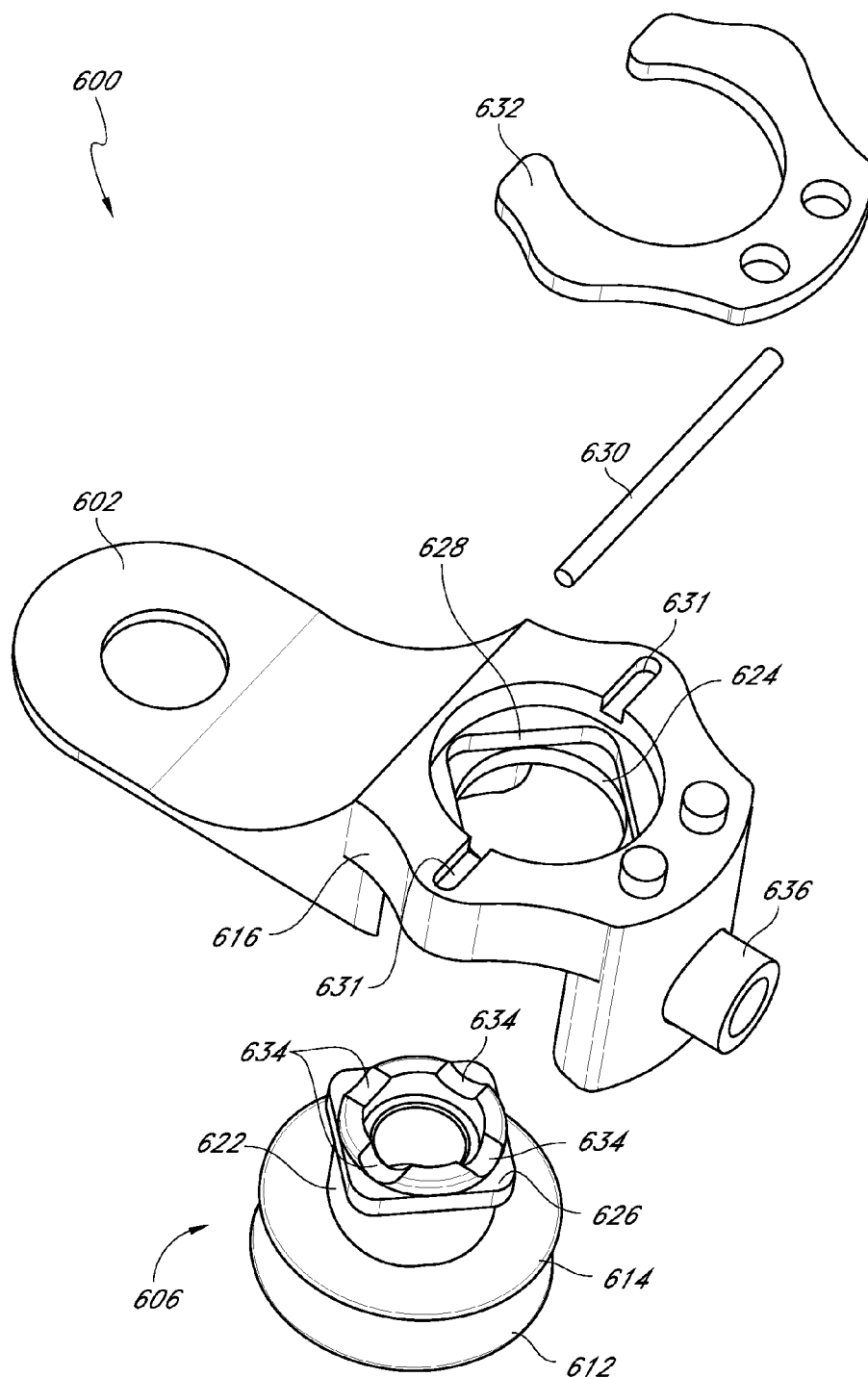


FIG. 61C

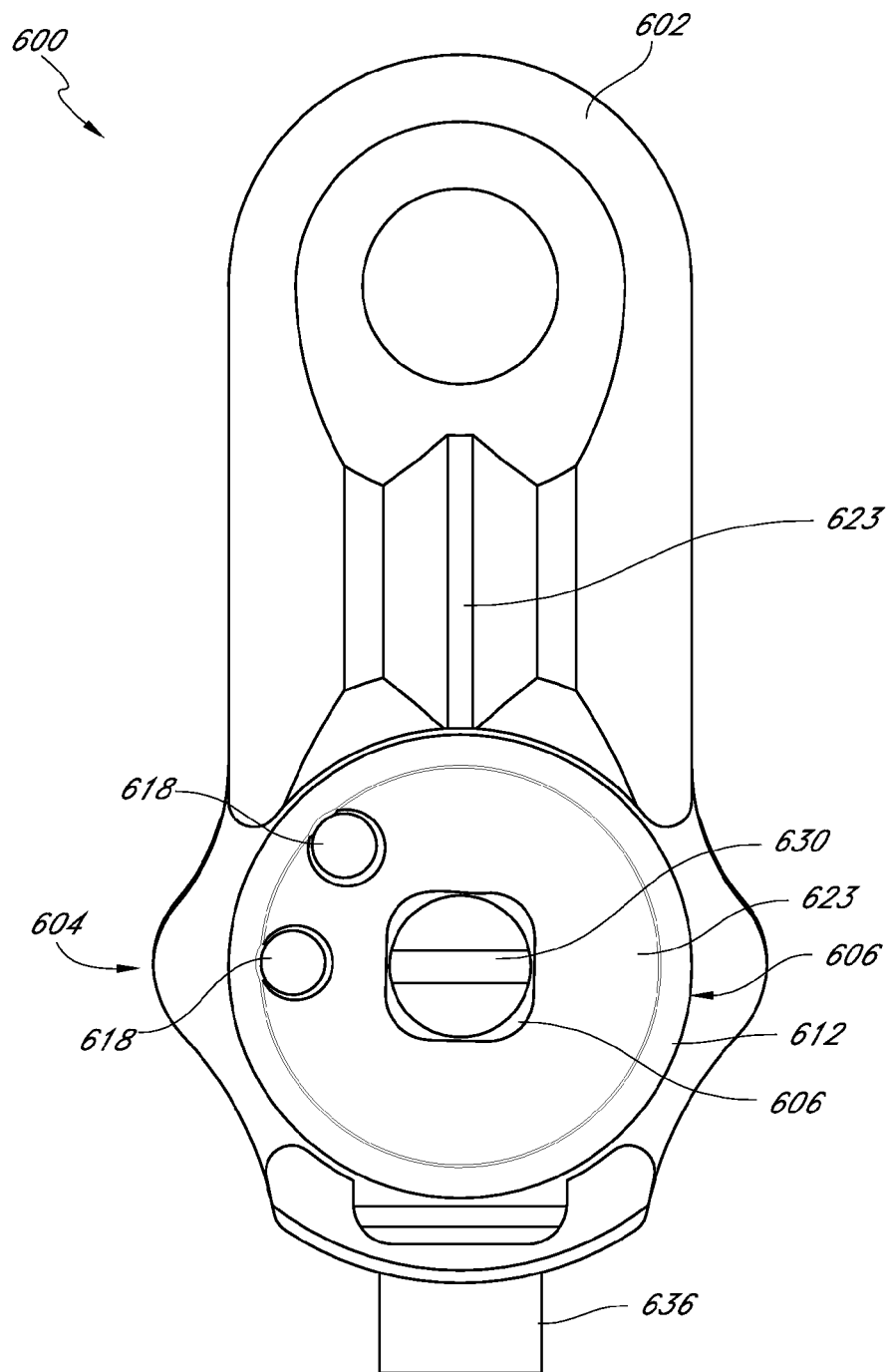


FIG. 61D

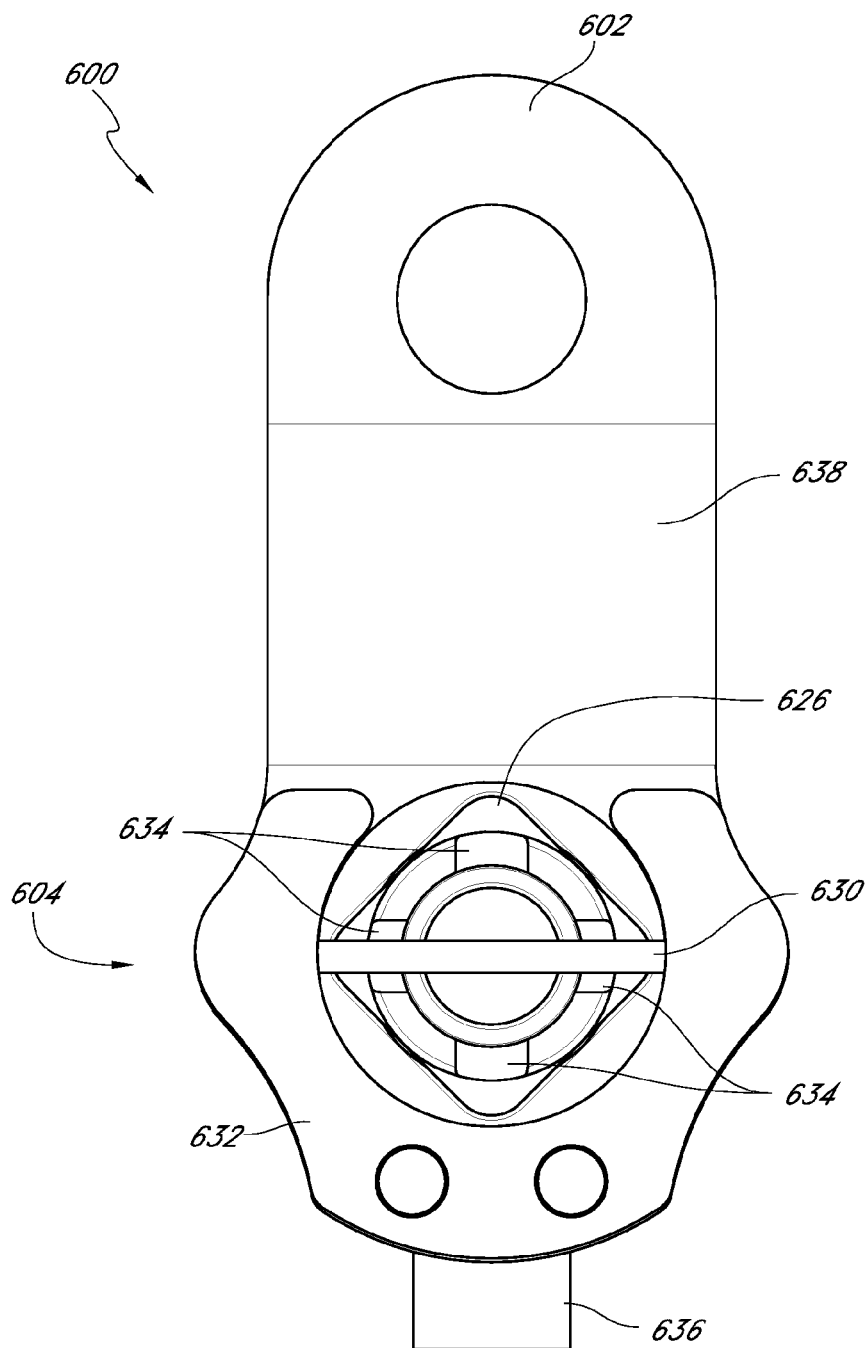


FIG. 61E

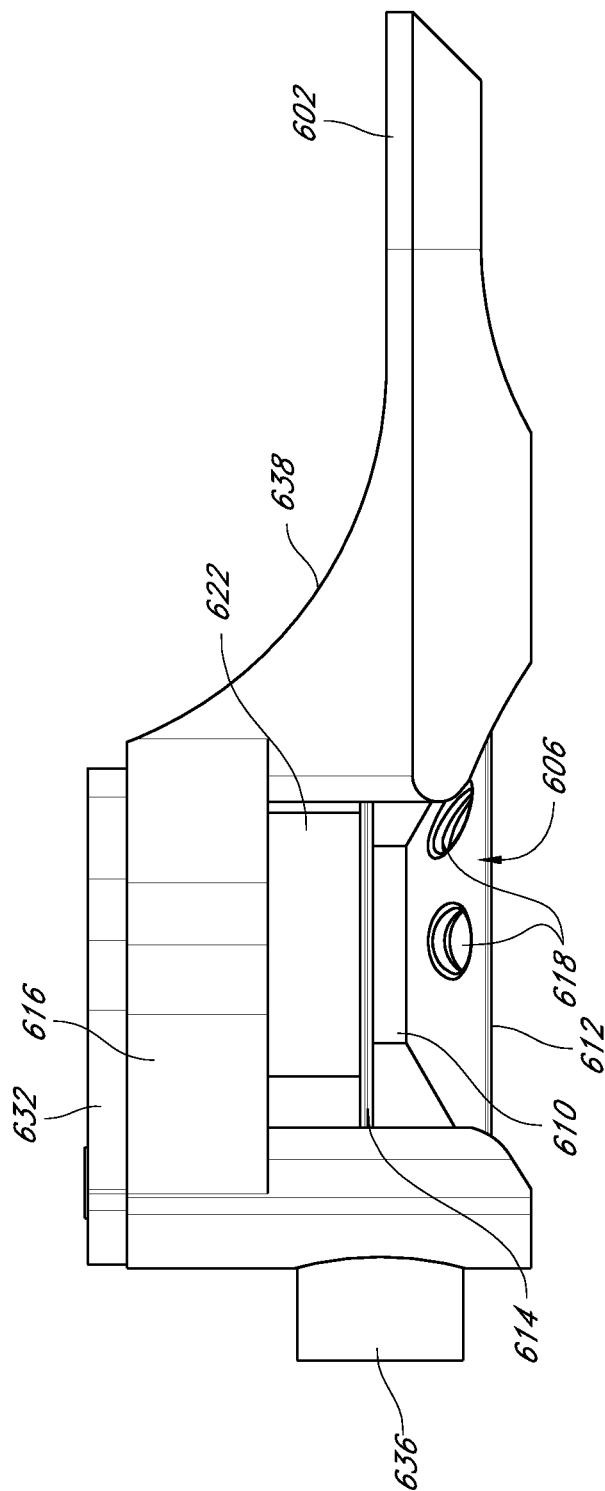
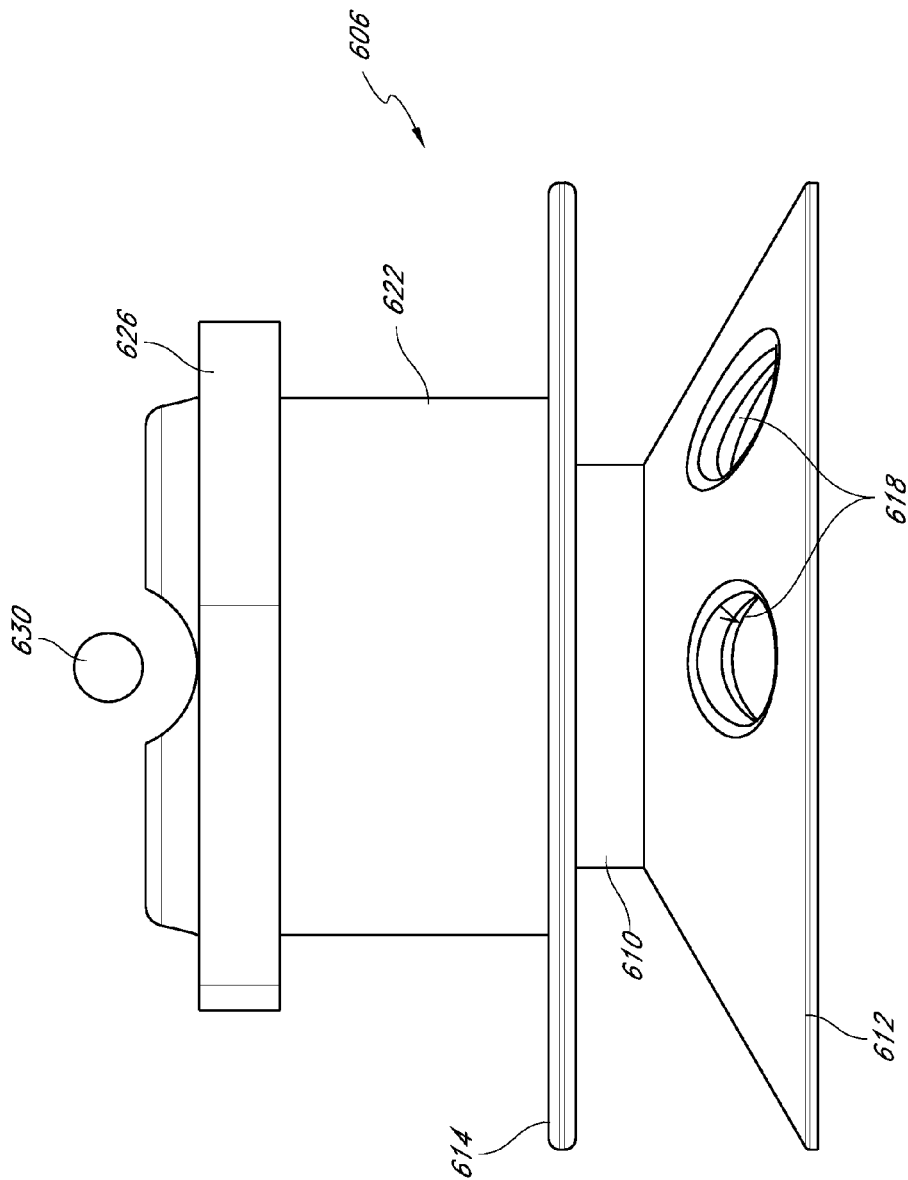
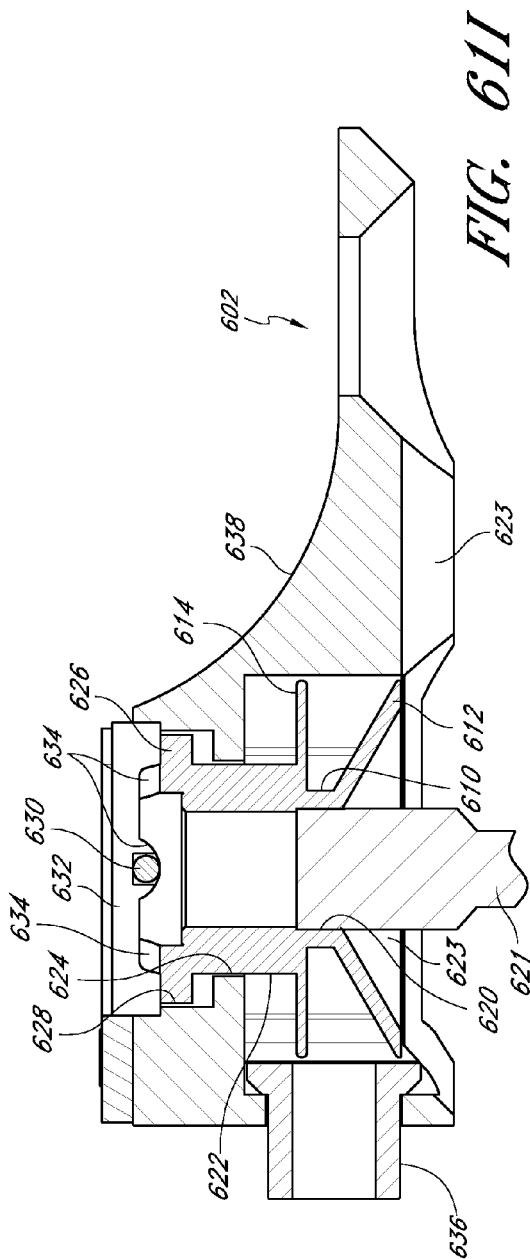
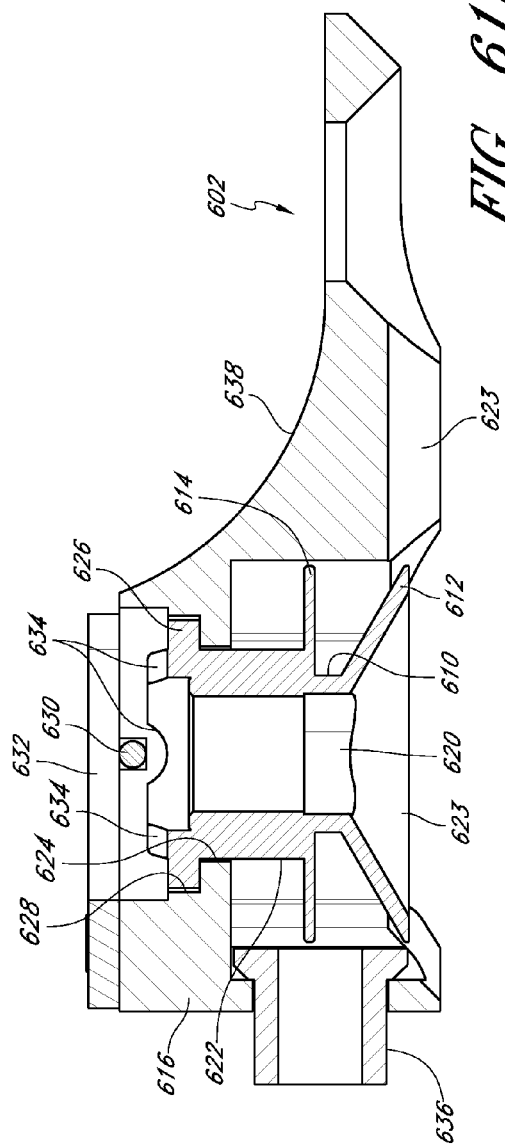


FIG. 61F





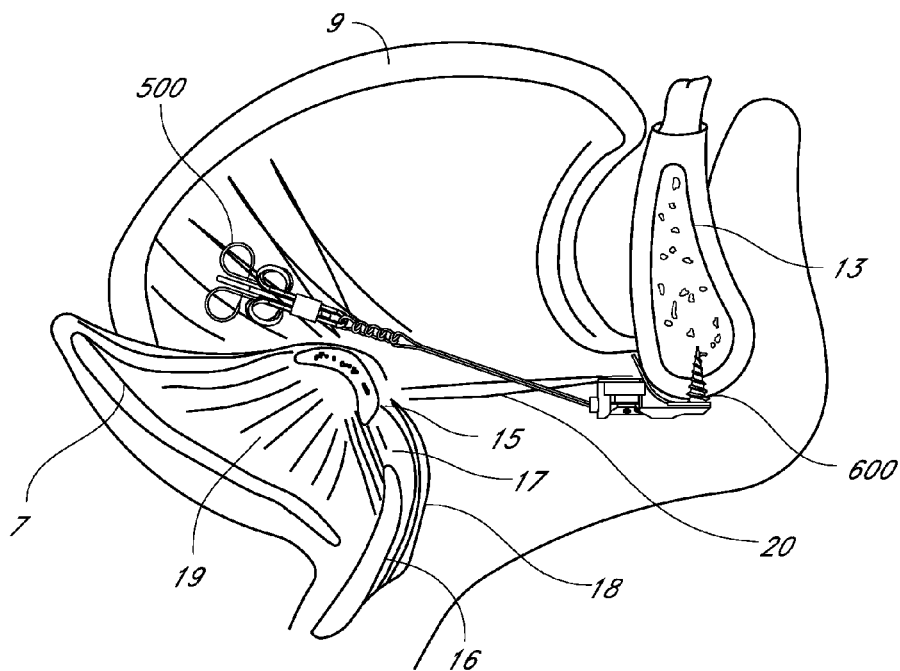


FIG. 61J

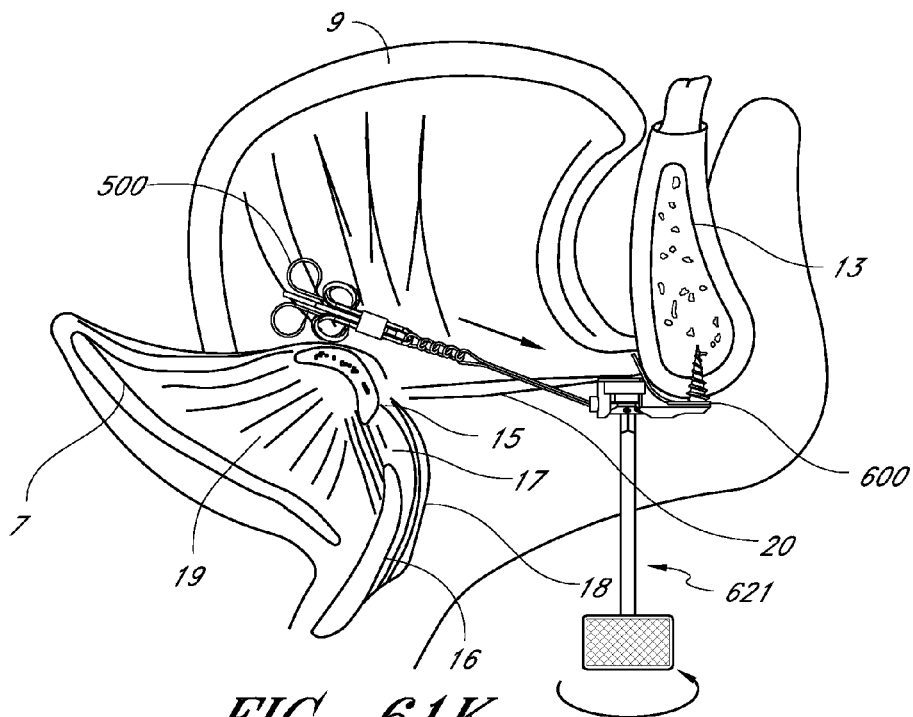
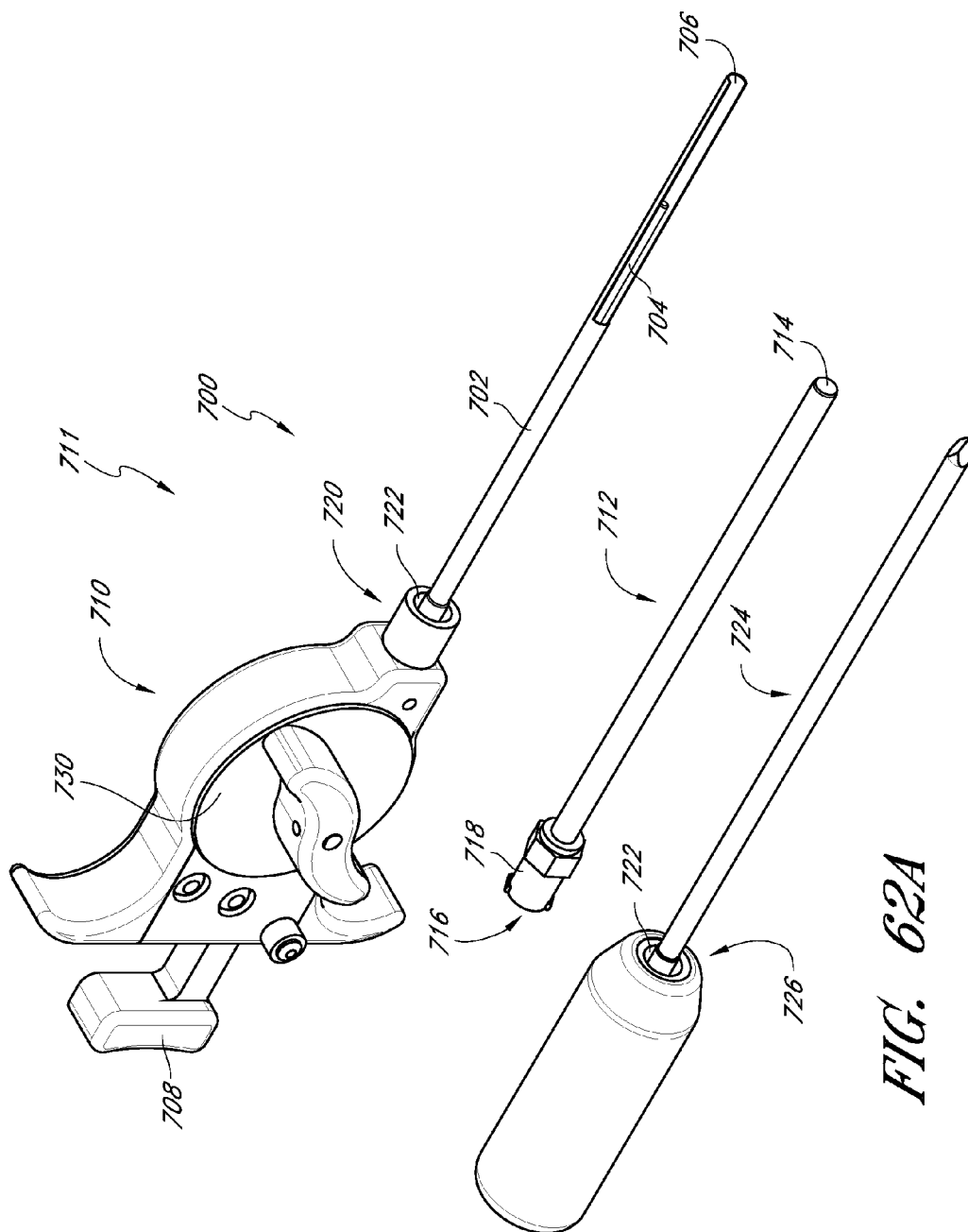
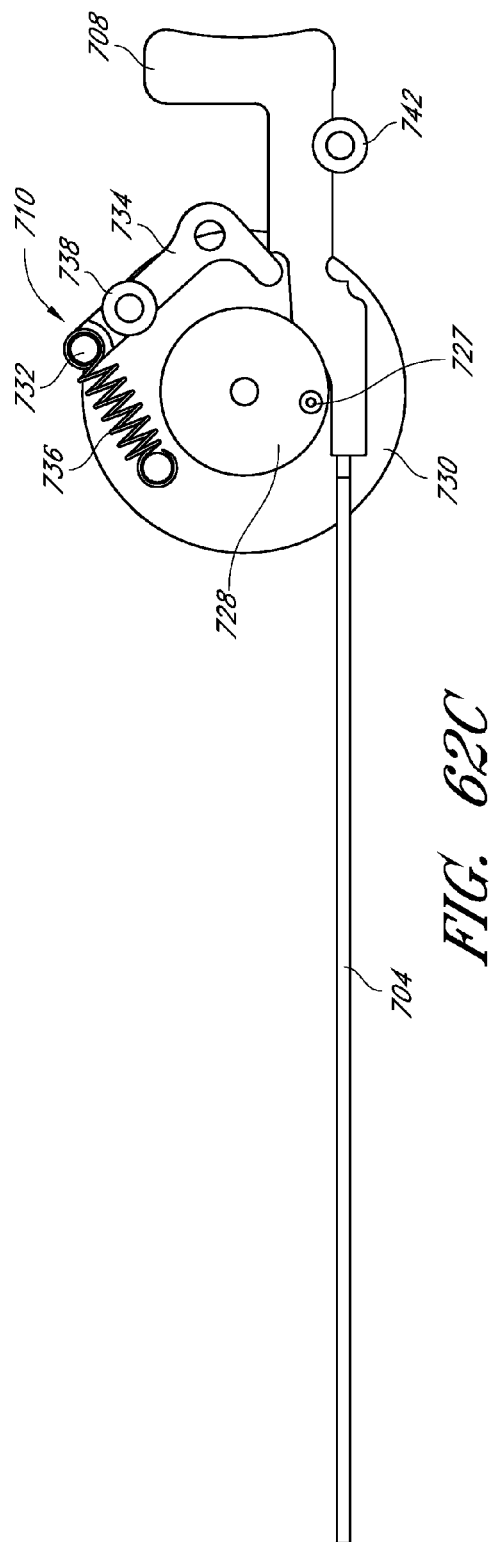
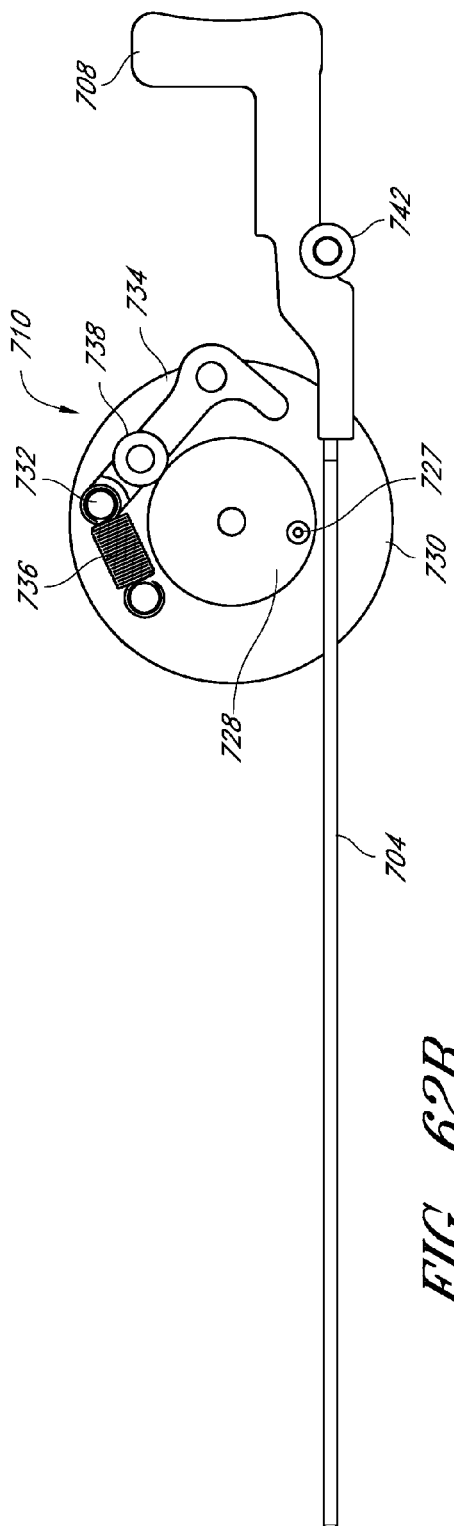


FIG. 61K





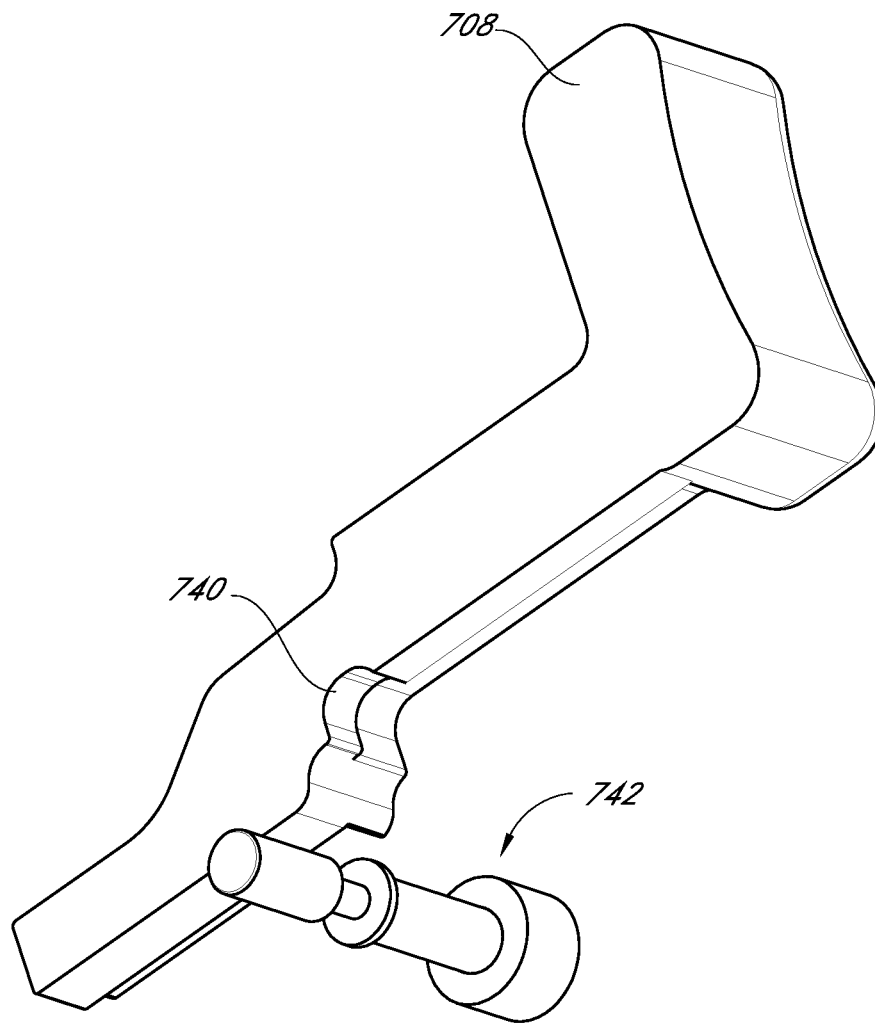


FIG. 62D

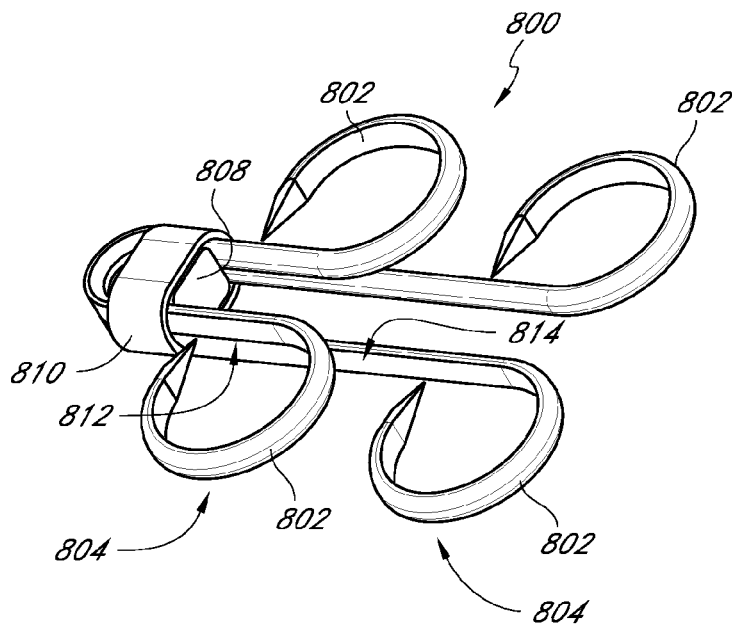


FIG. 63A

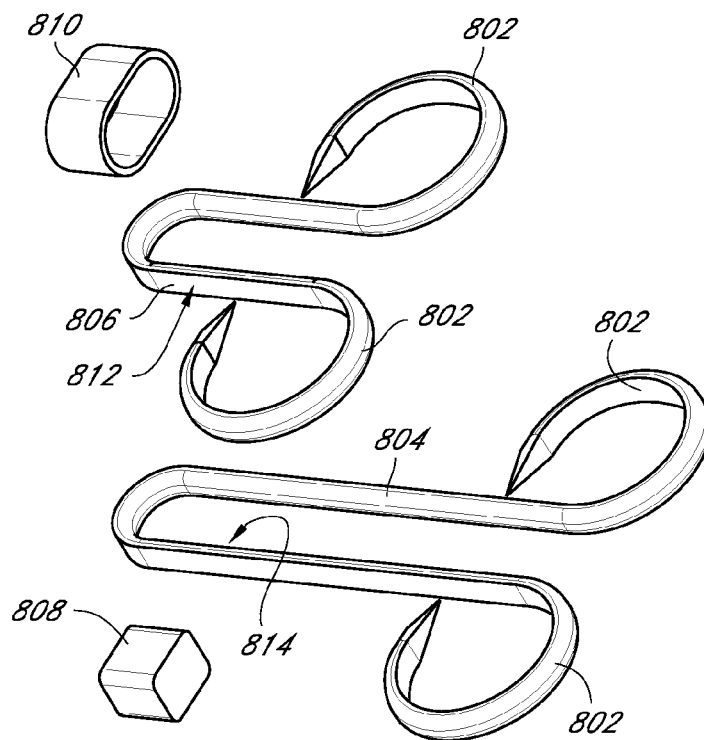


FIG. 63B

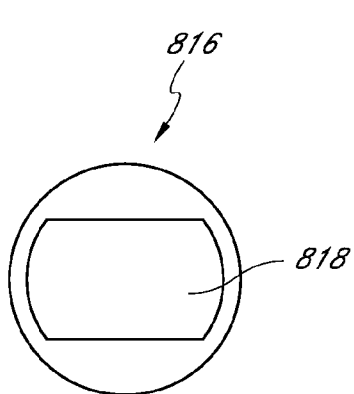


FIG. 64A

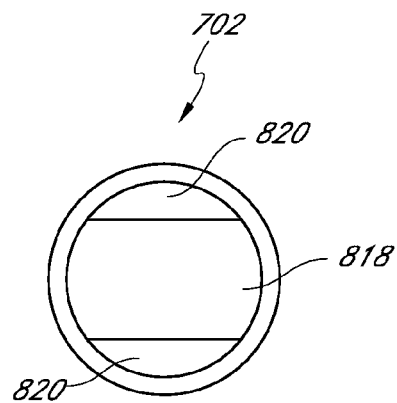


FIG. 64B

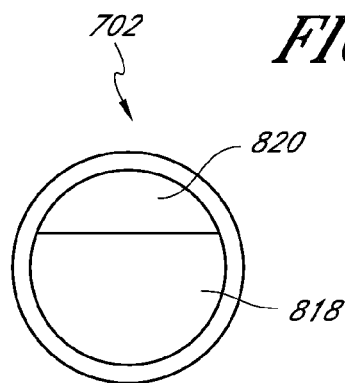


FIG. 64C

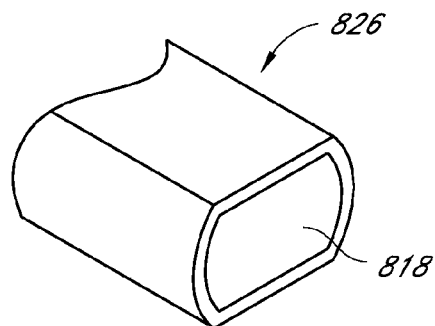


FIG. 64D

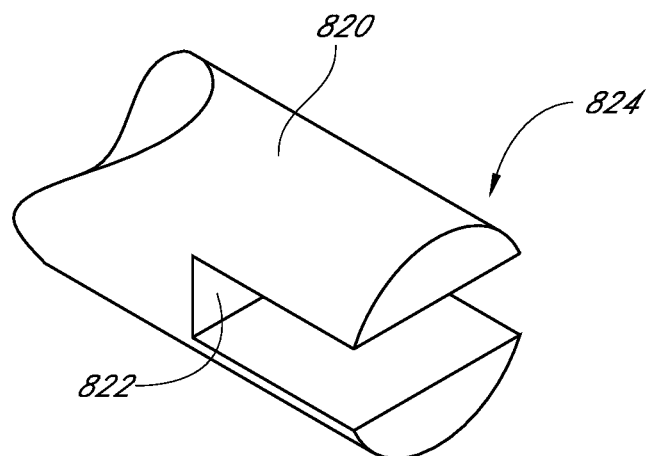


FIG. 65

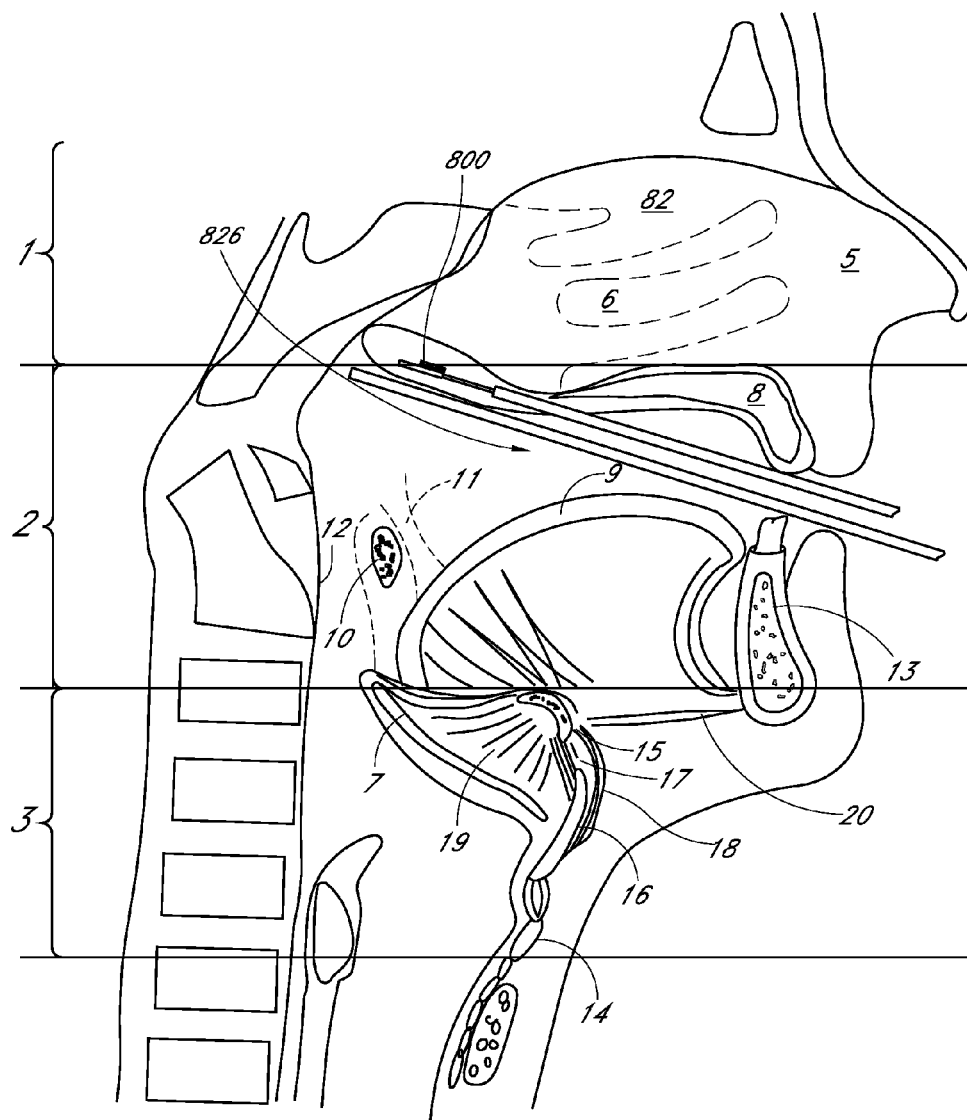


FIG. 66

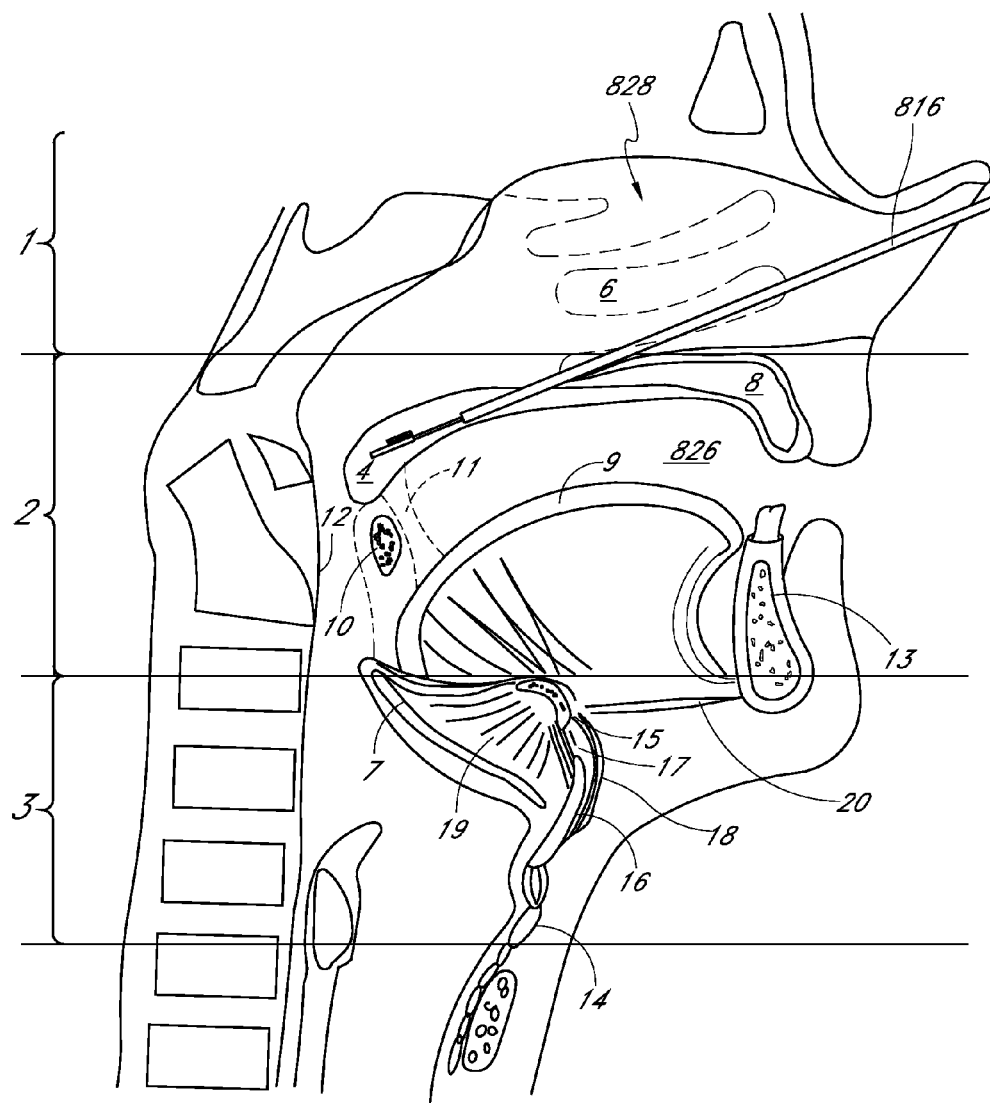


FIG. 67

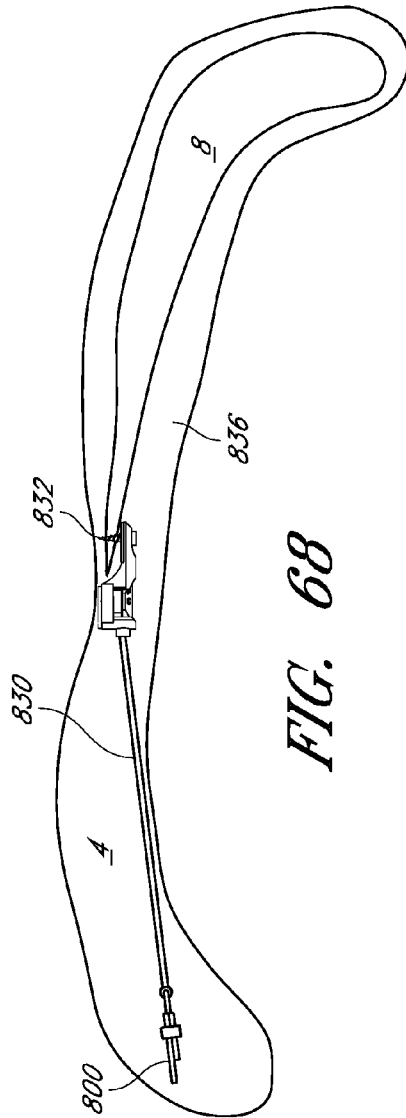


FIG. 68

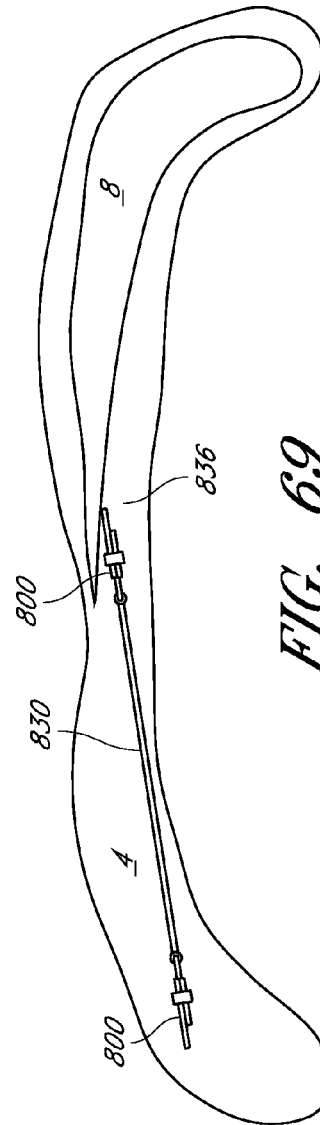
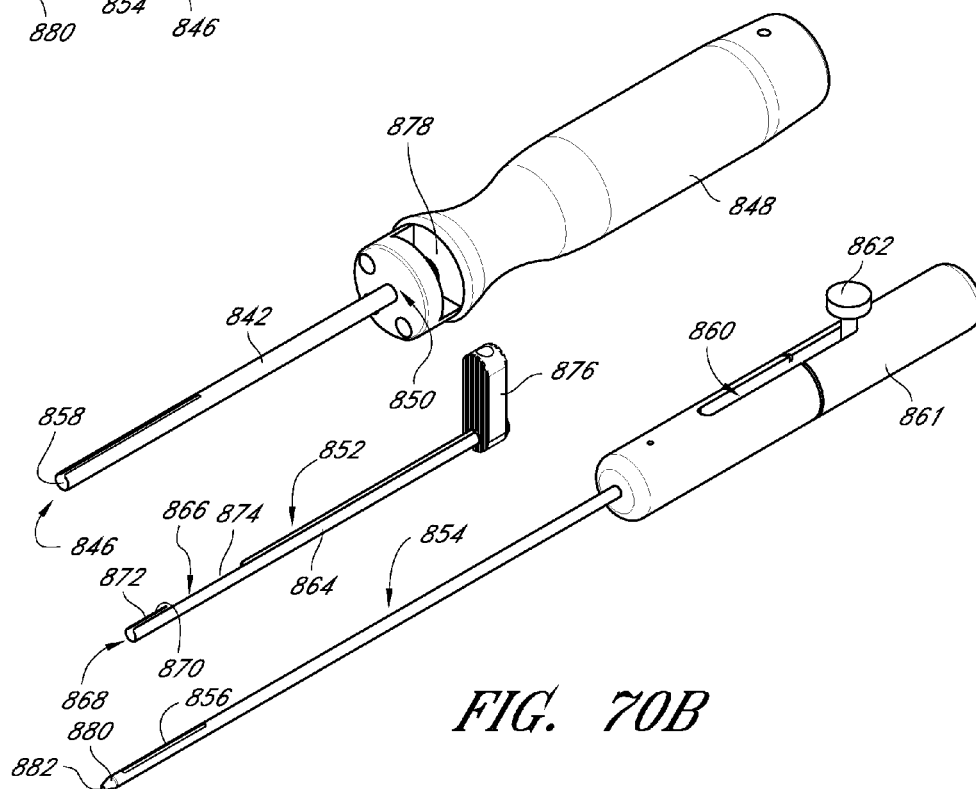
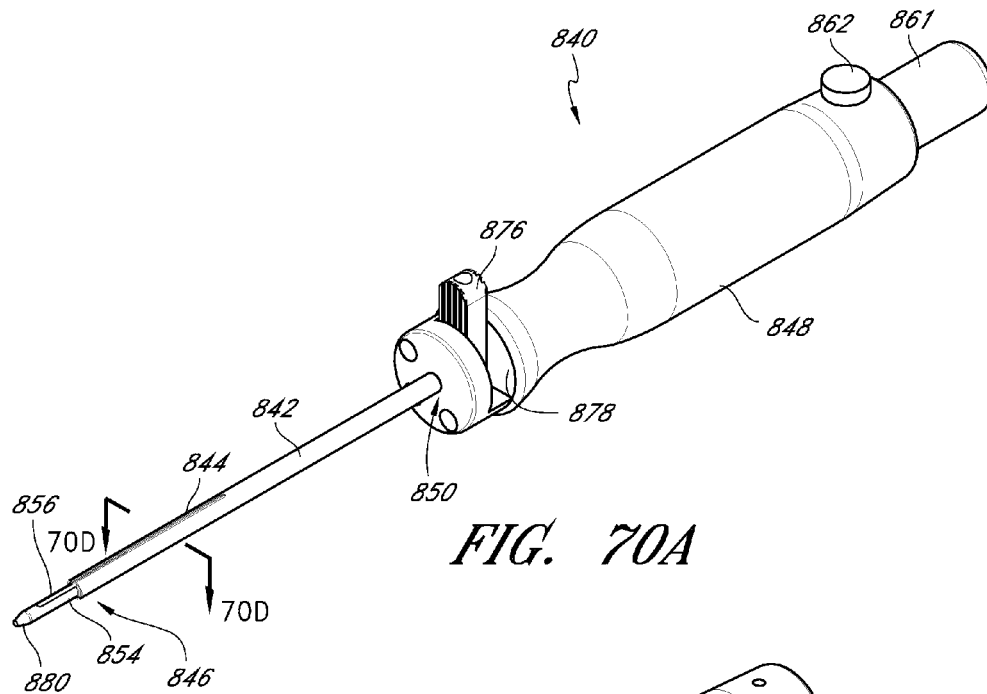


FIG. 69



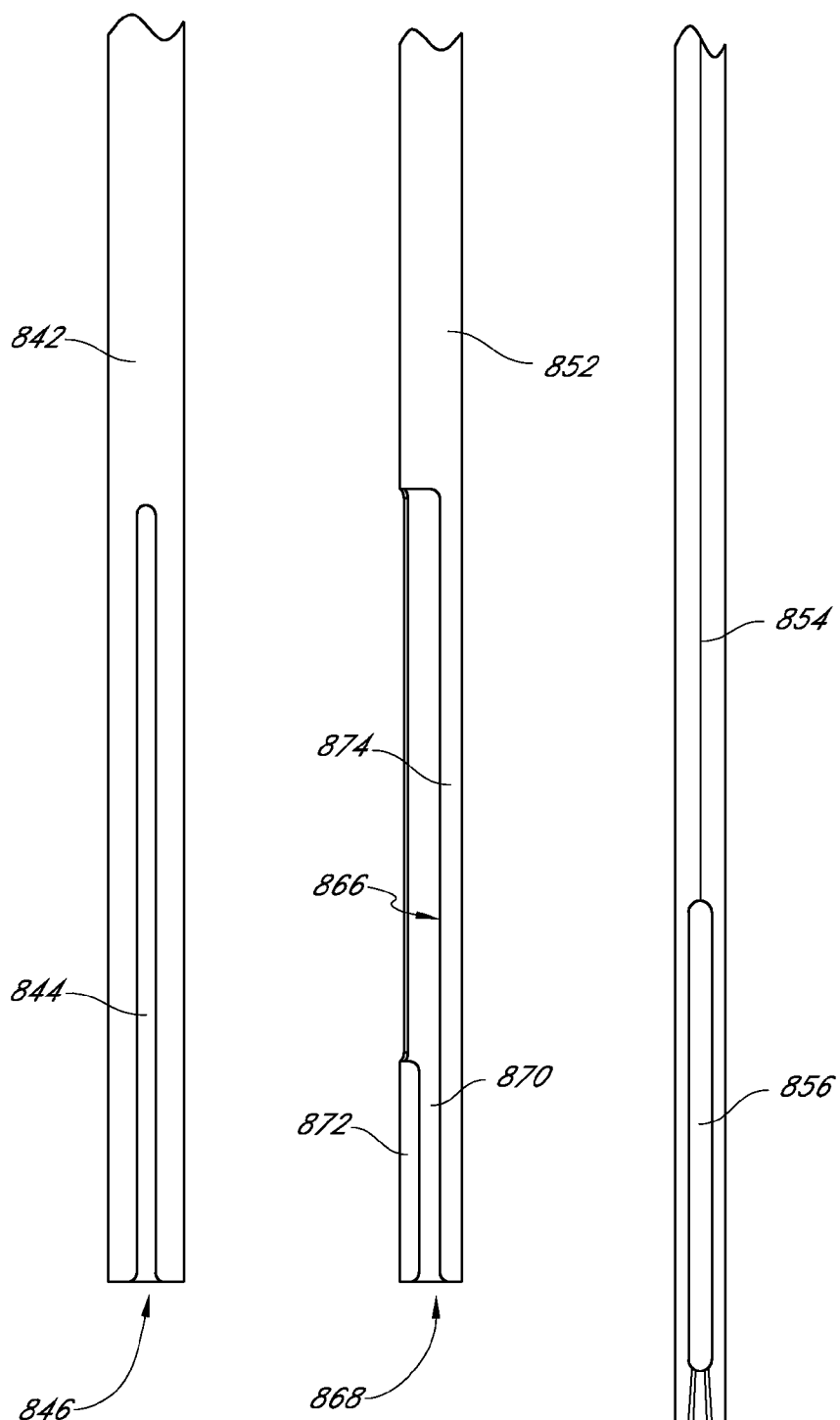


FIG. 70C

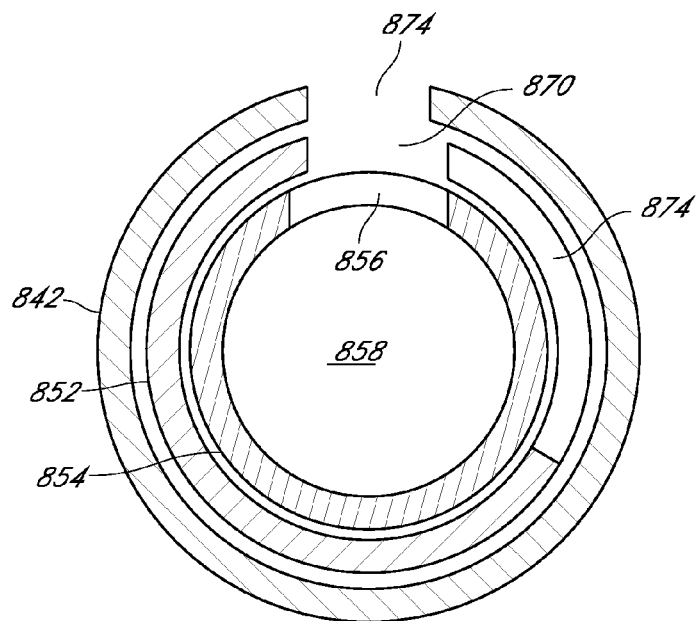


FIG. 70D

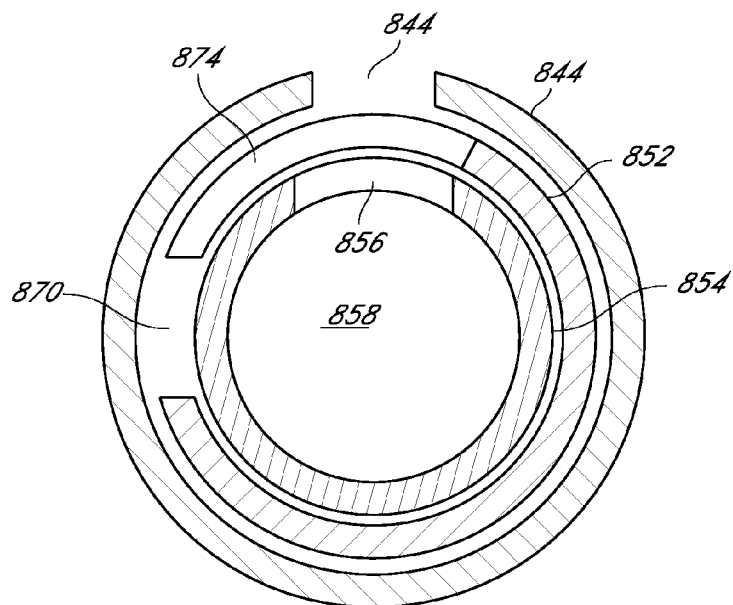
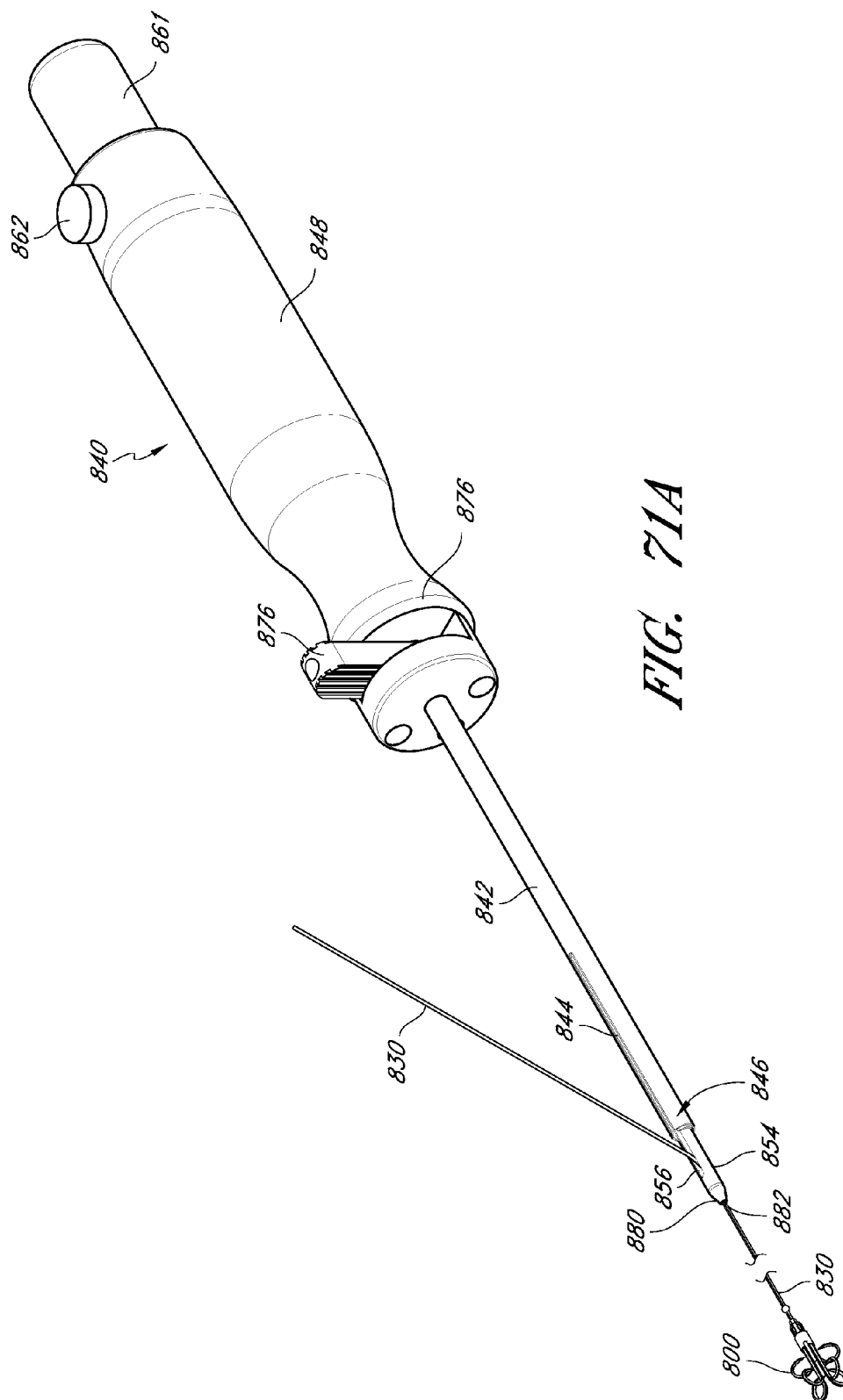
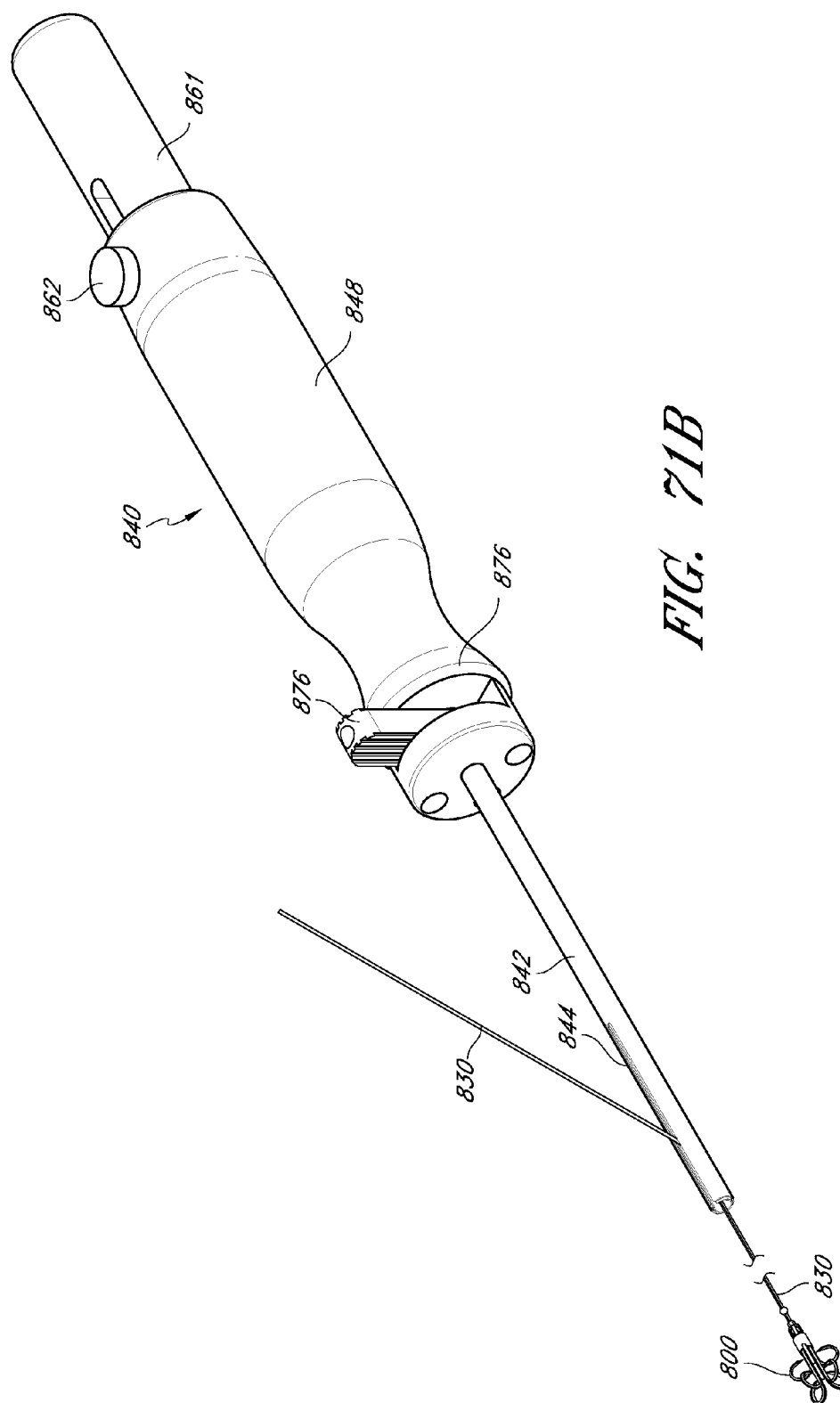
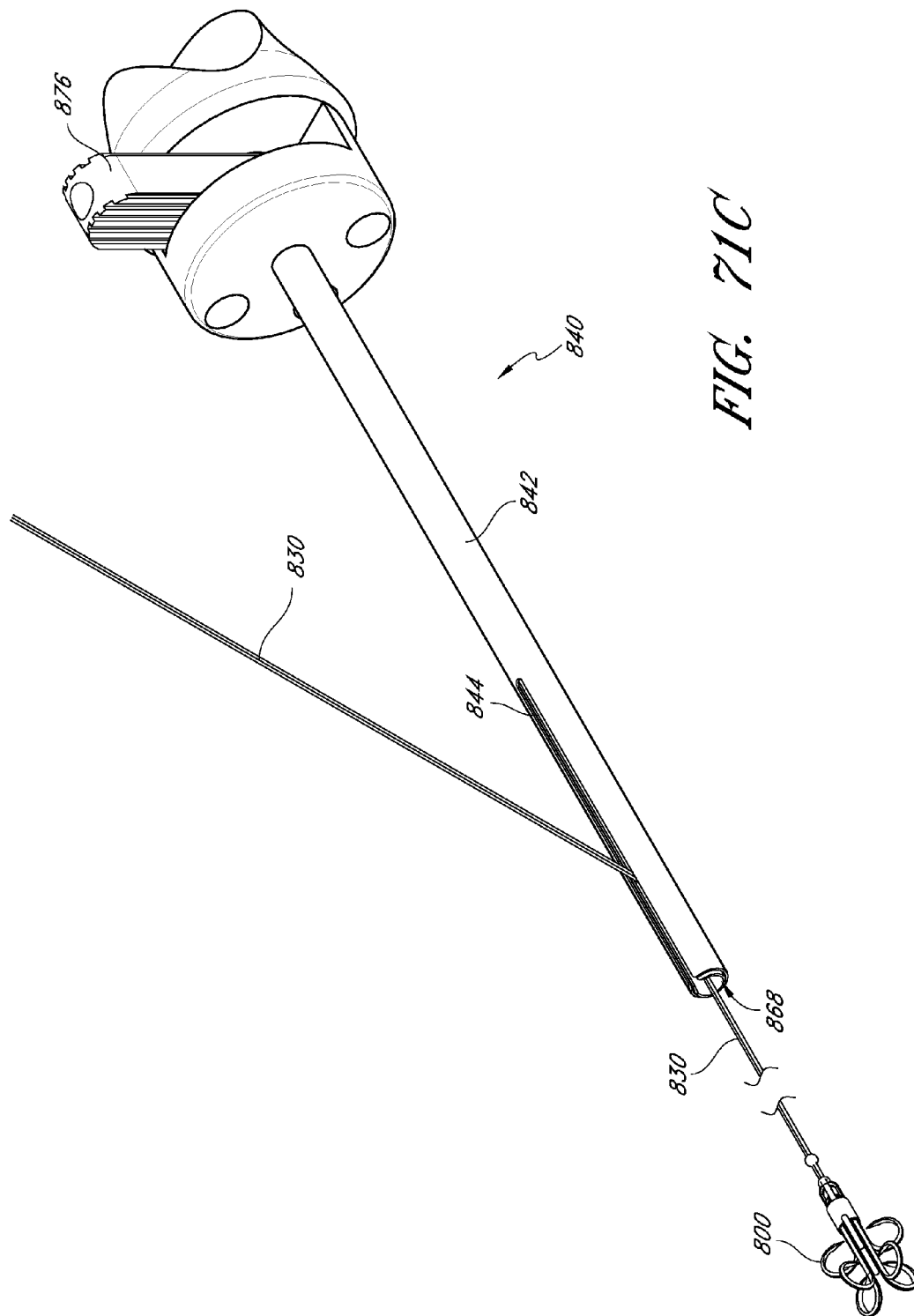
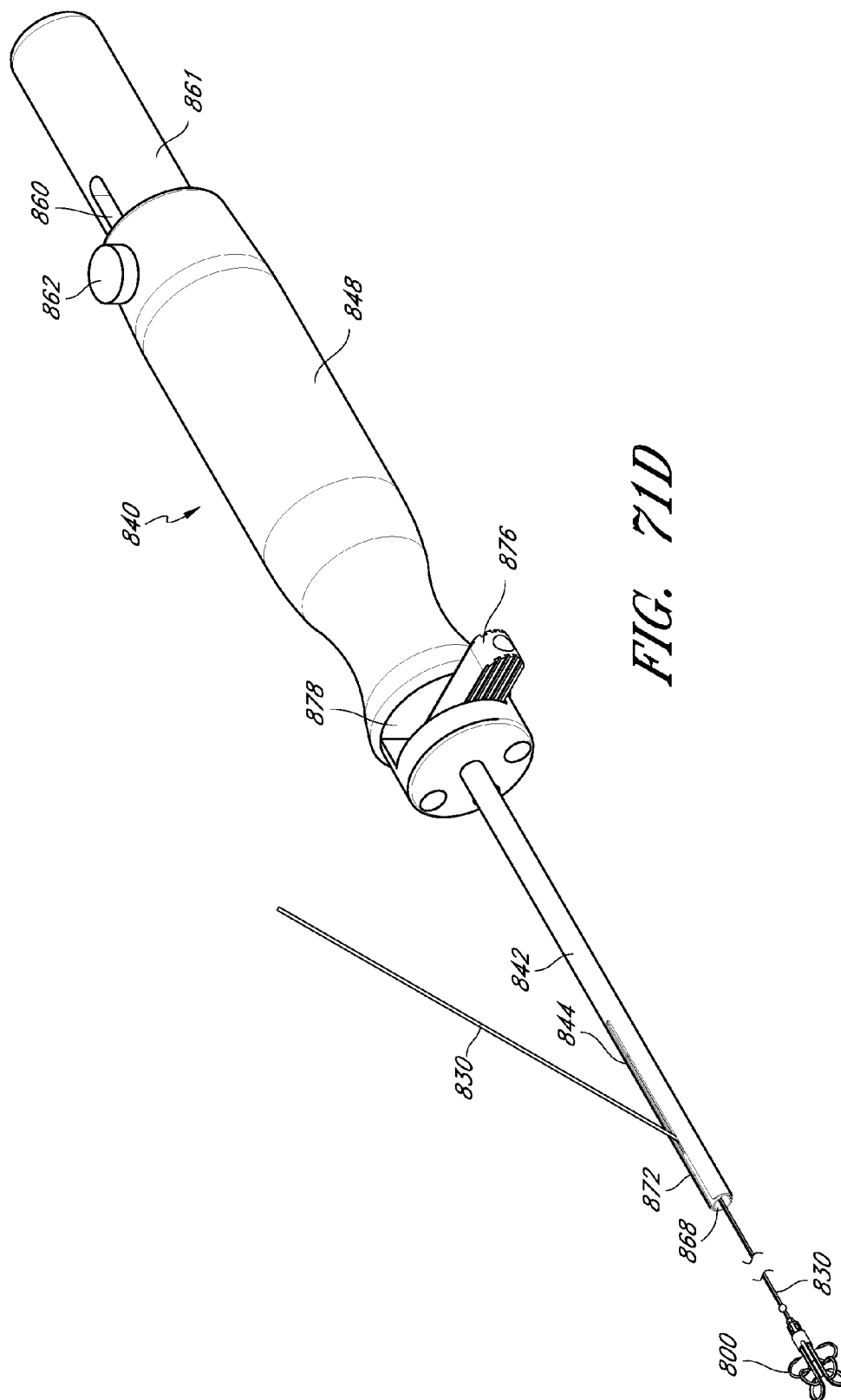


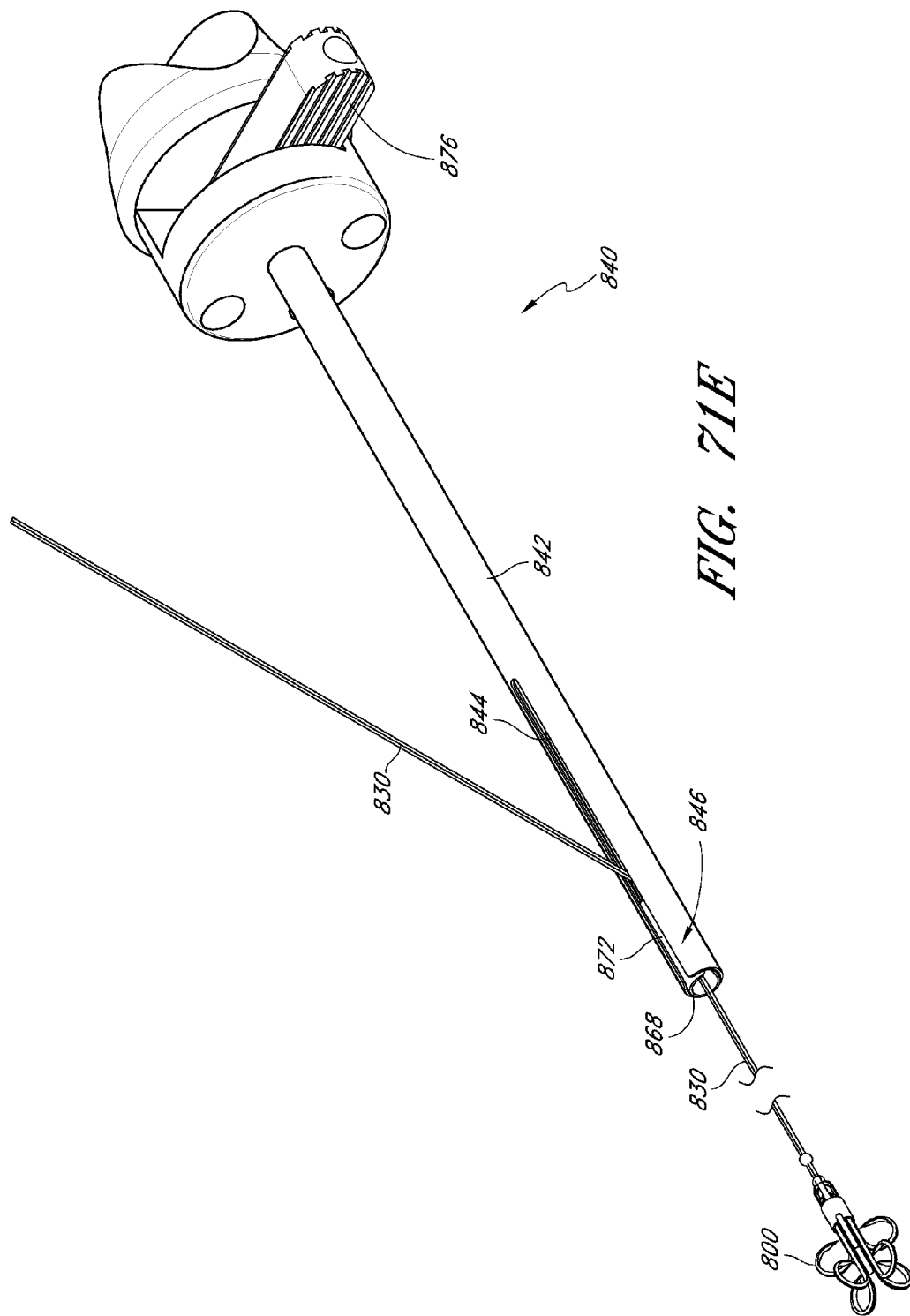
FIG. 70E

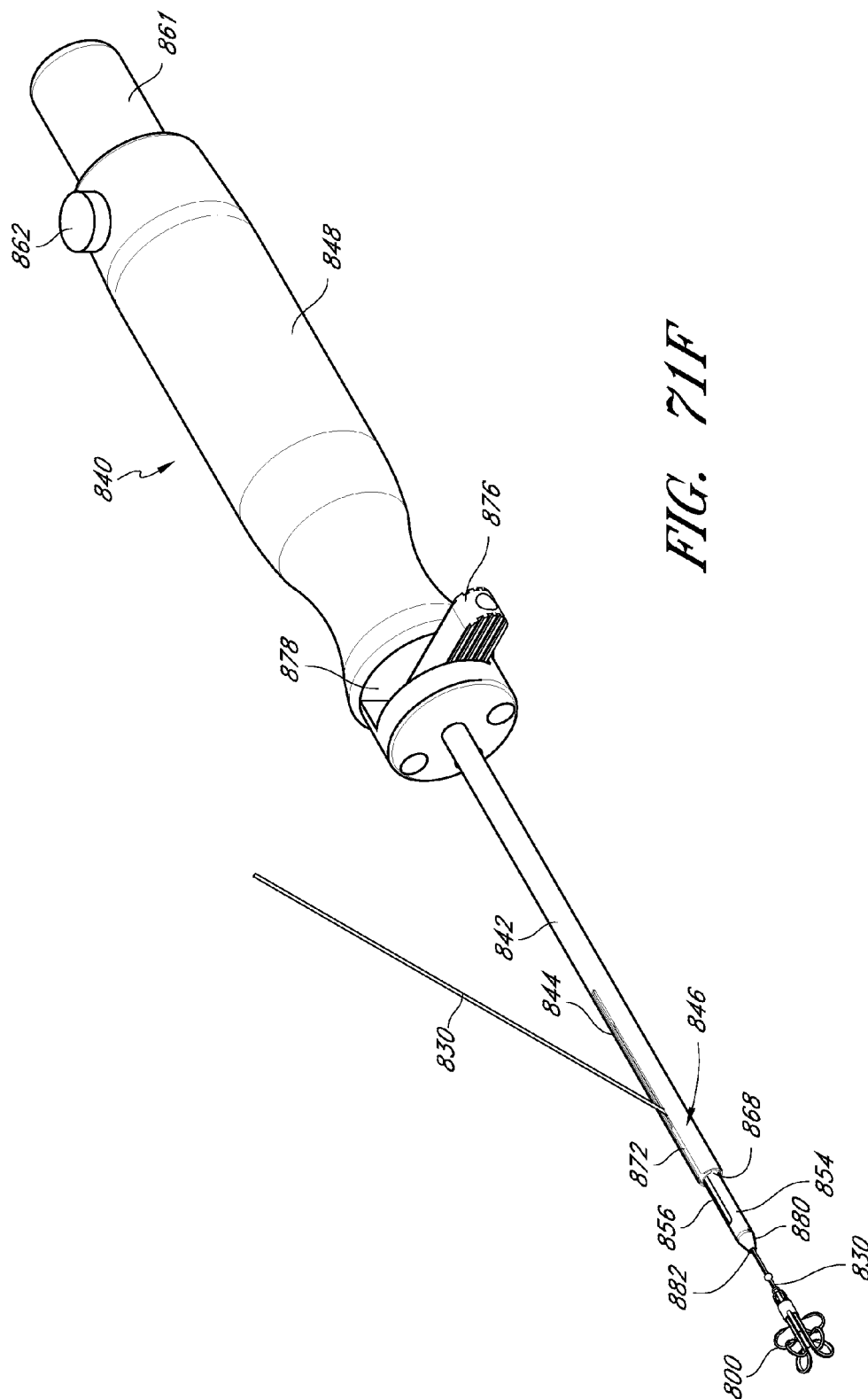


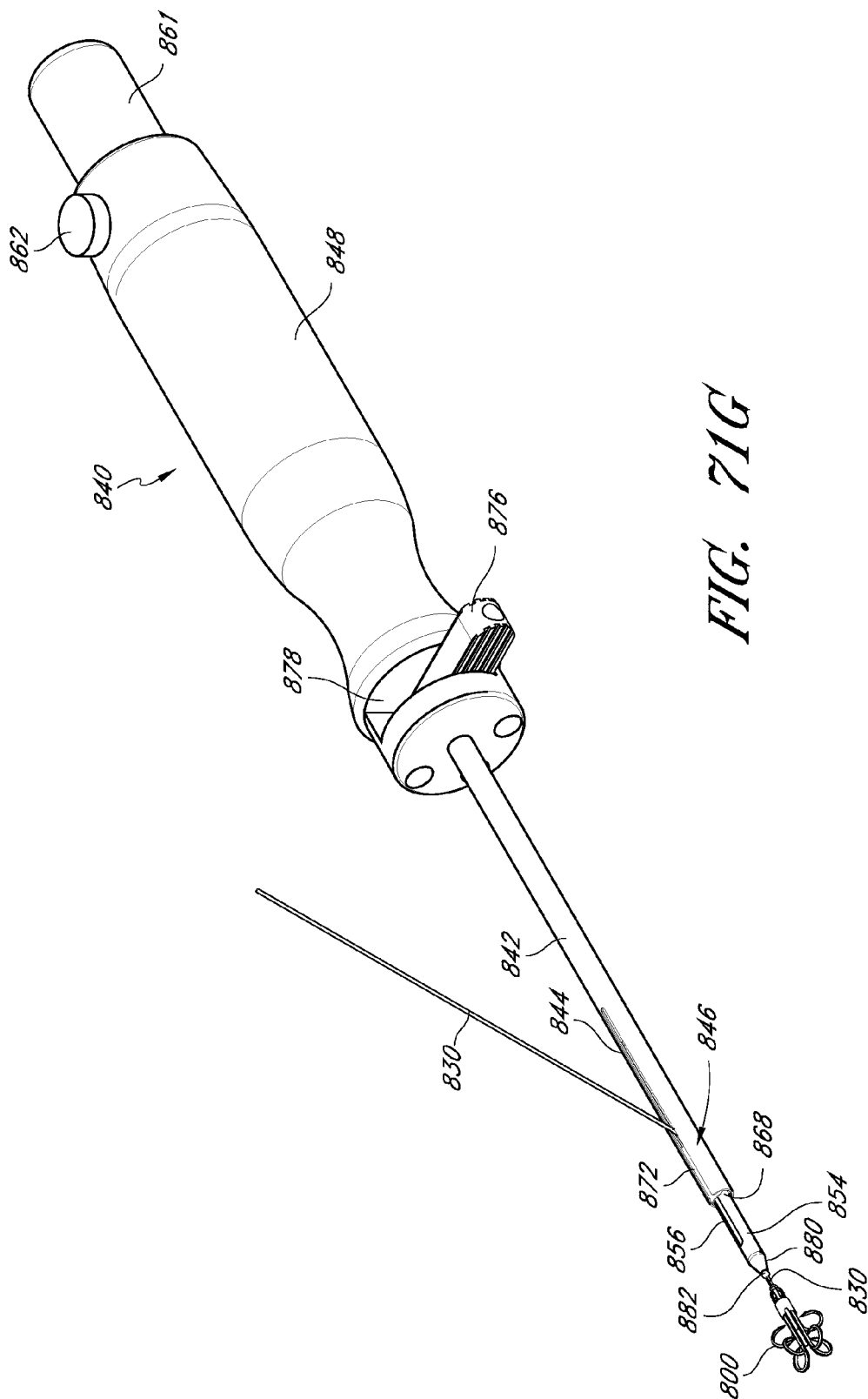












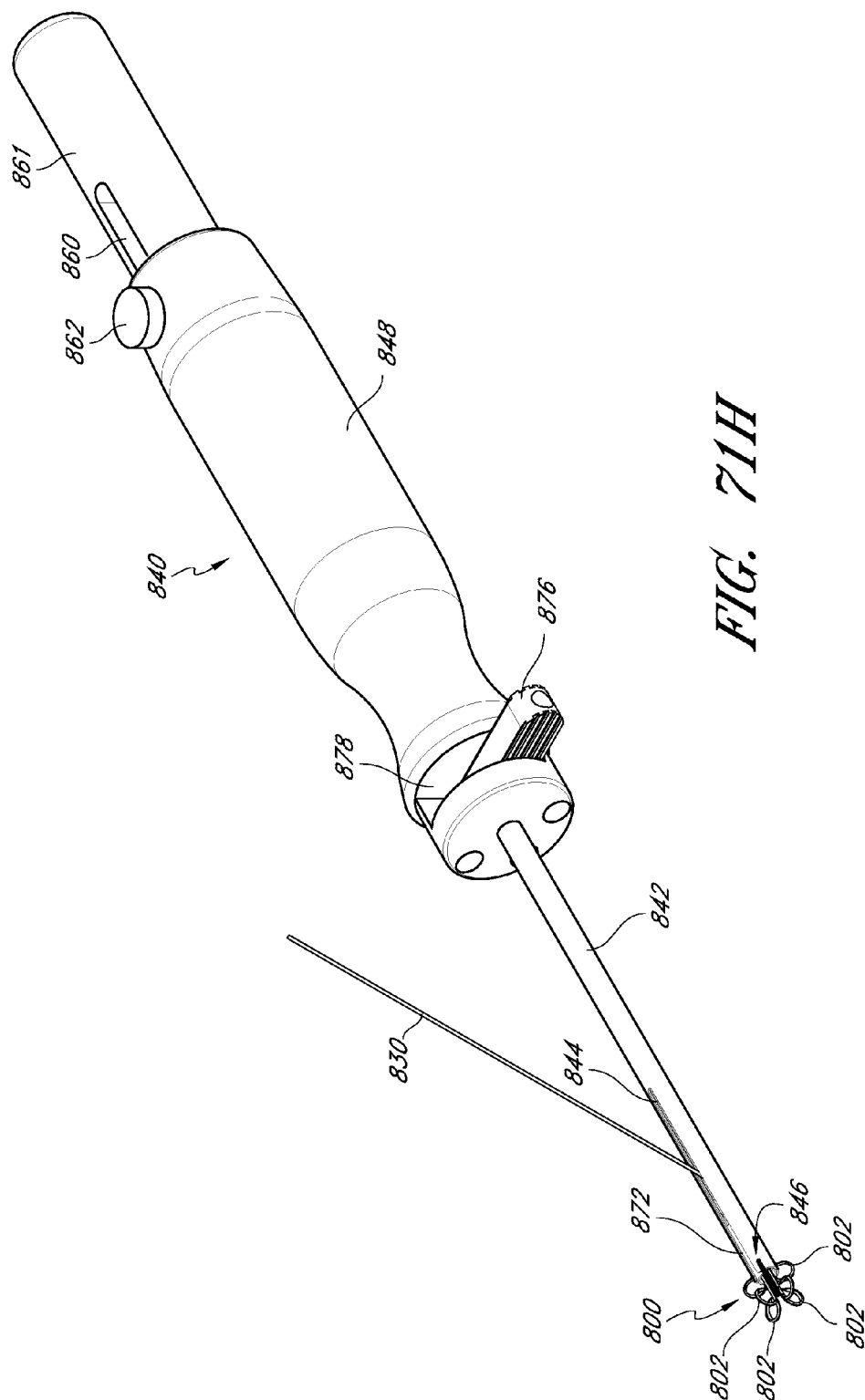
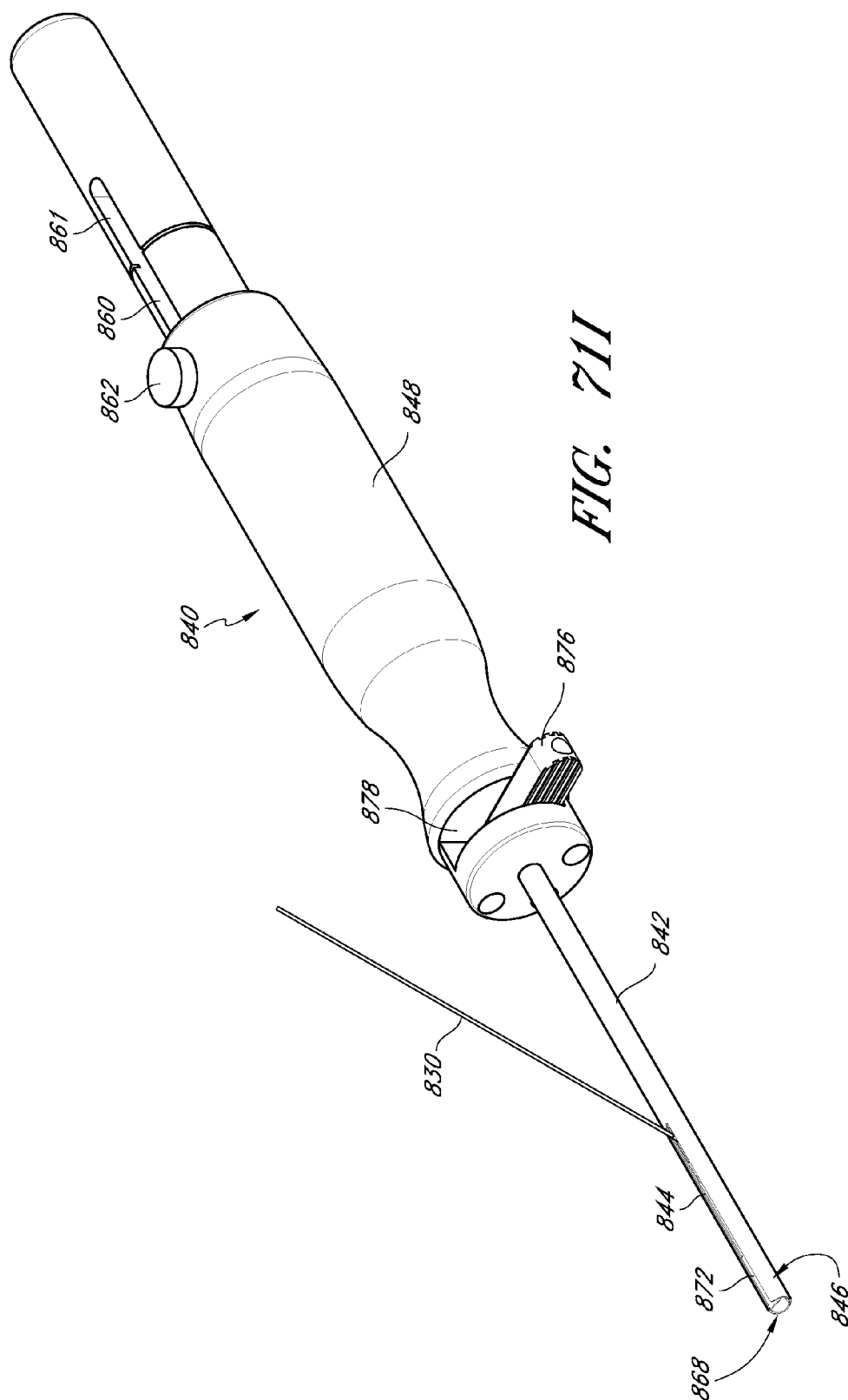
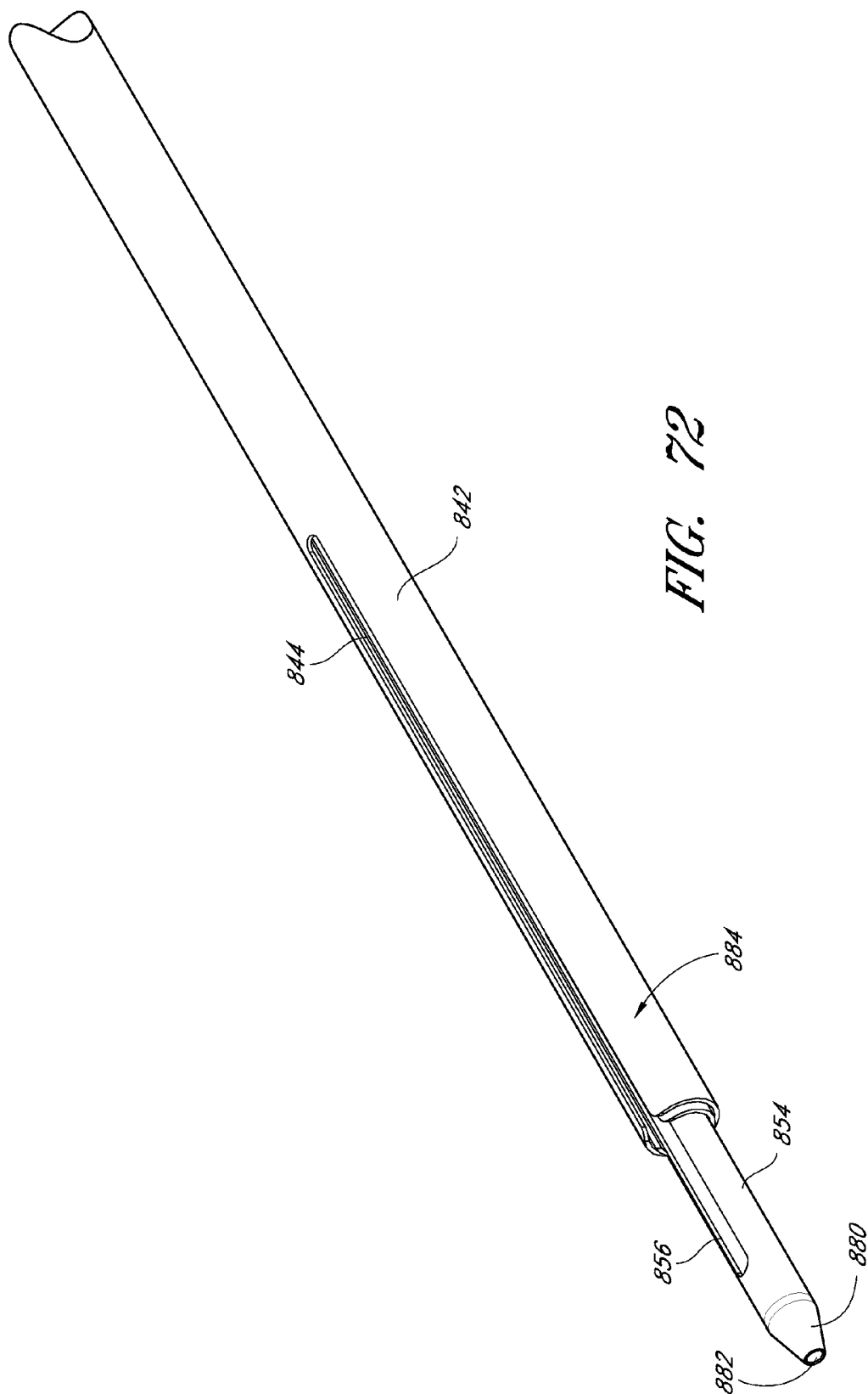
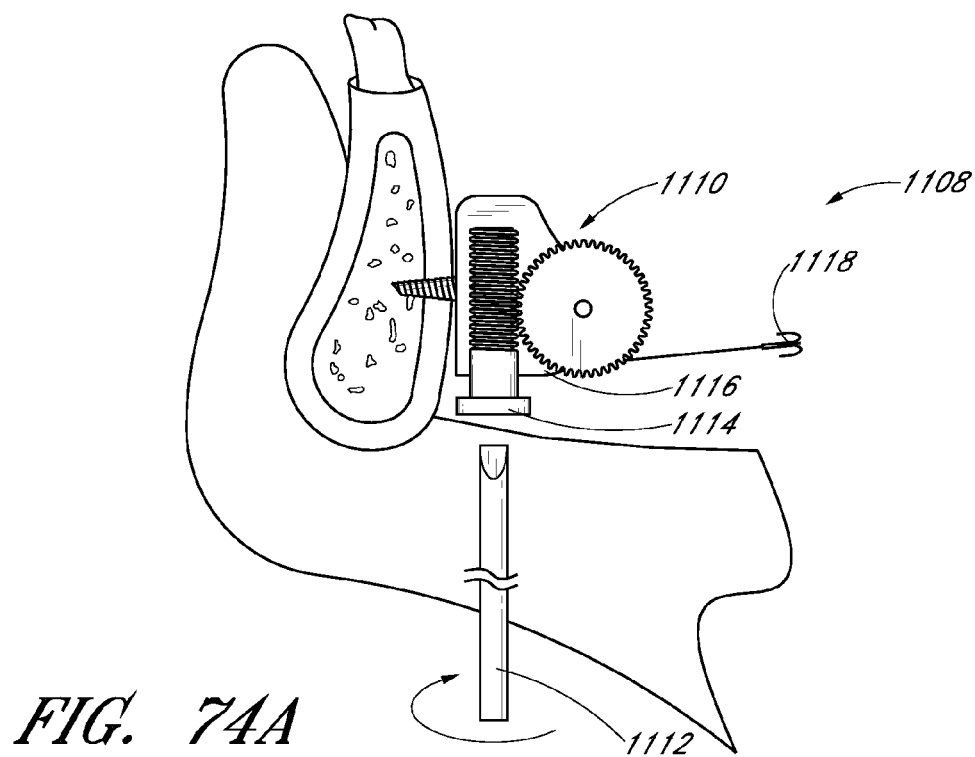
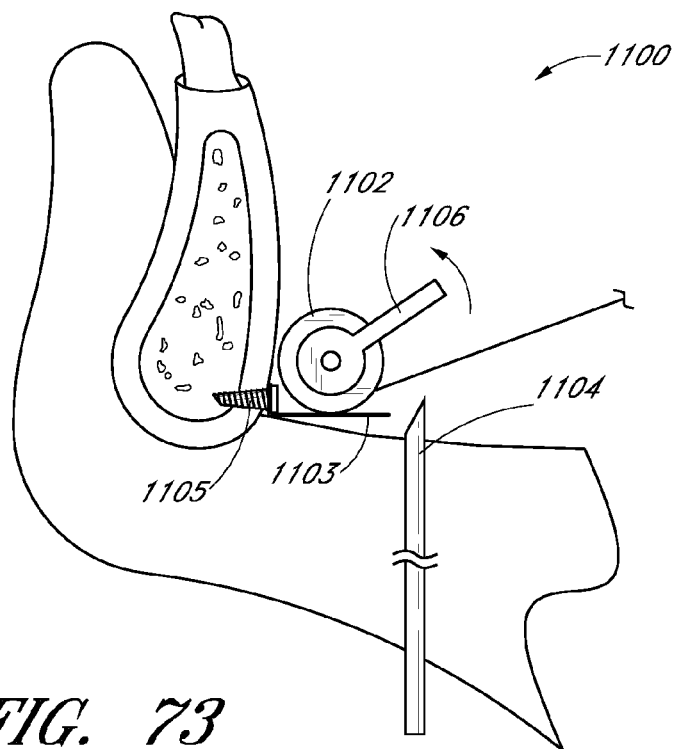


FIG. 71H.







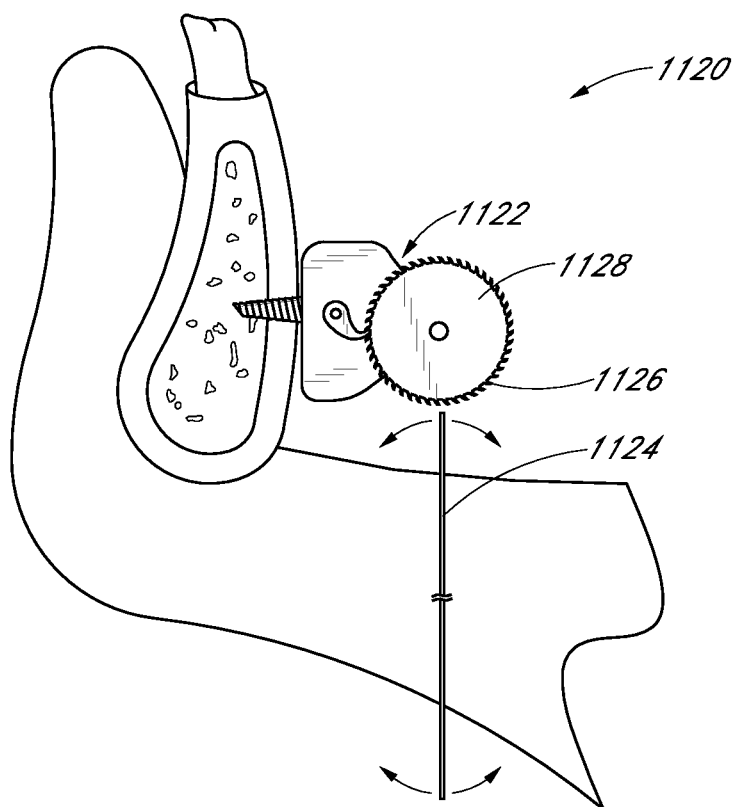


FIG. 74B

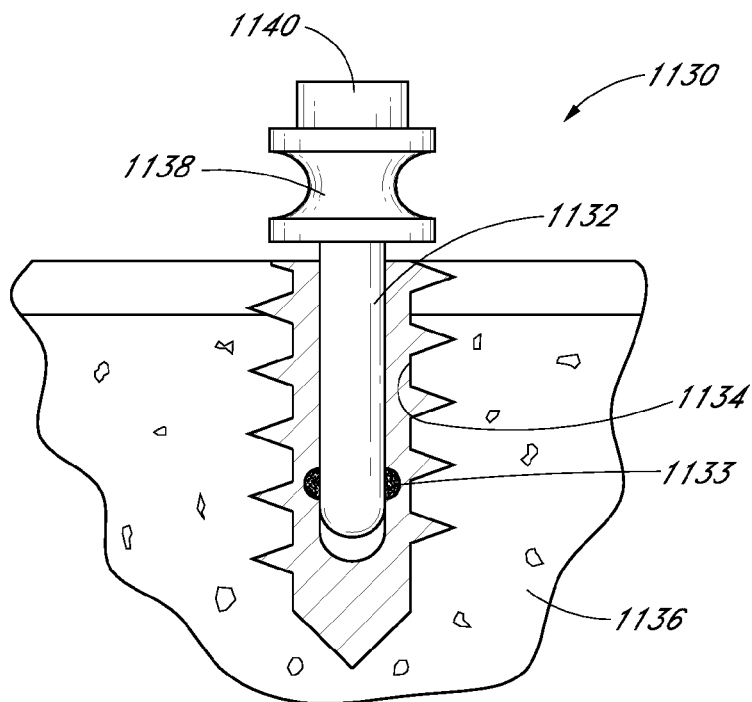


FIG. 75

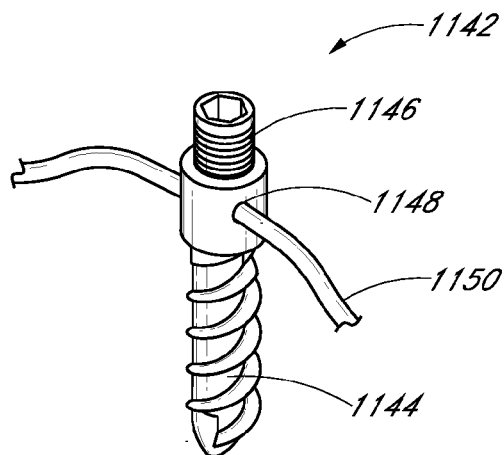


FIG. 76

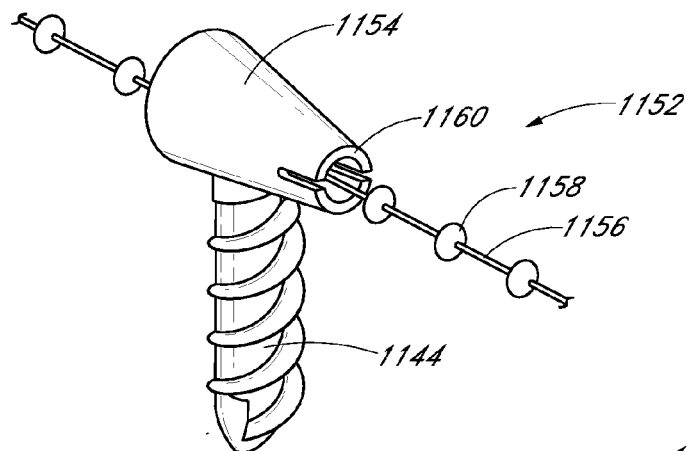


FIG. 77A

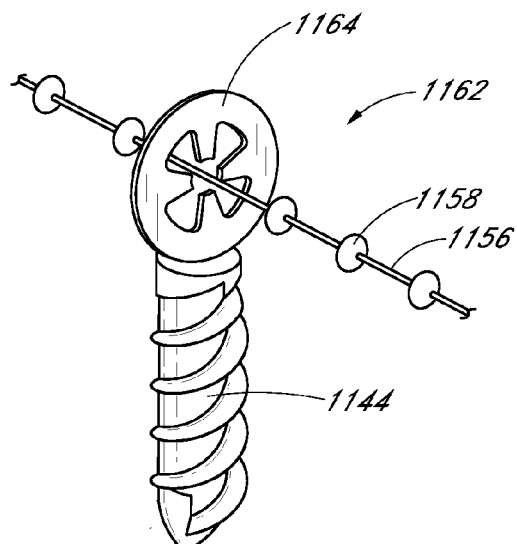


FIG. 77B

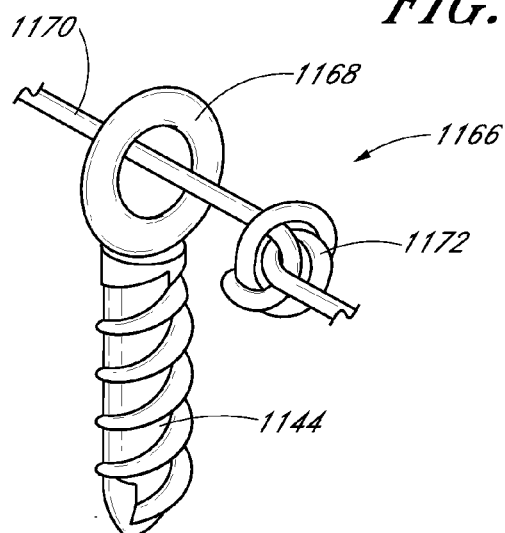
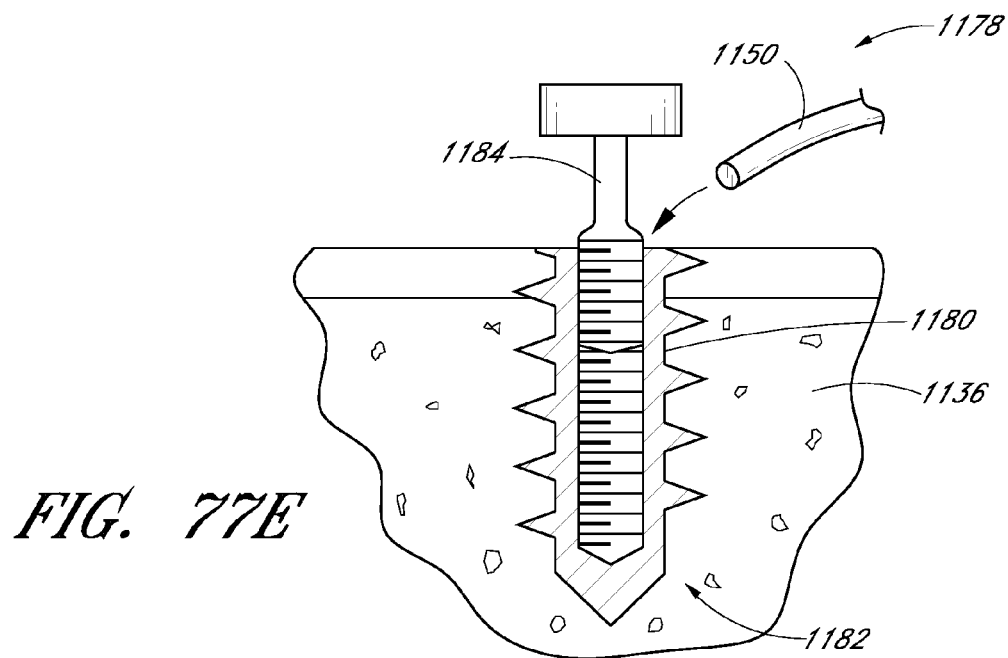
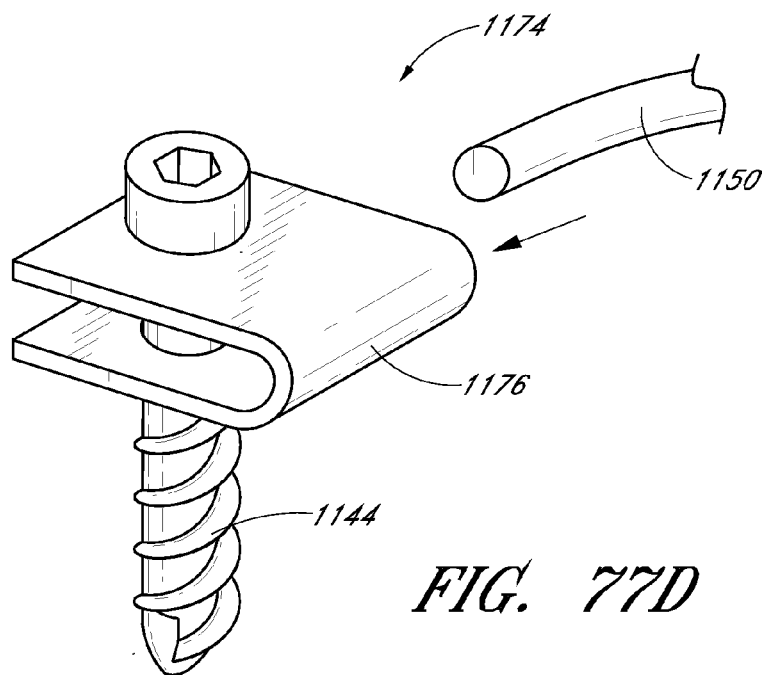


FIG. 77C



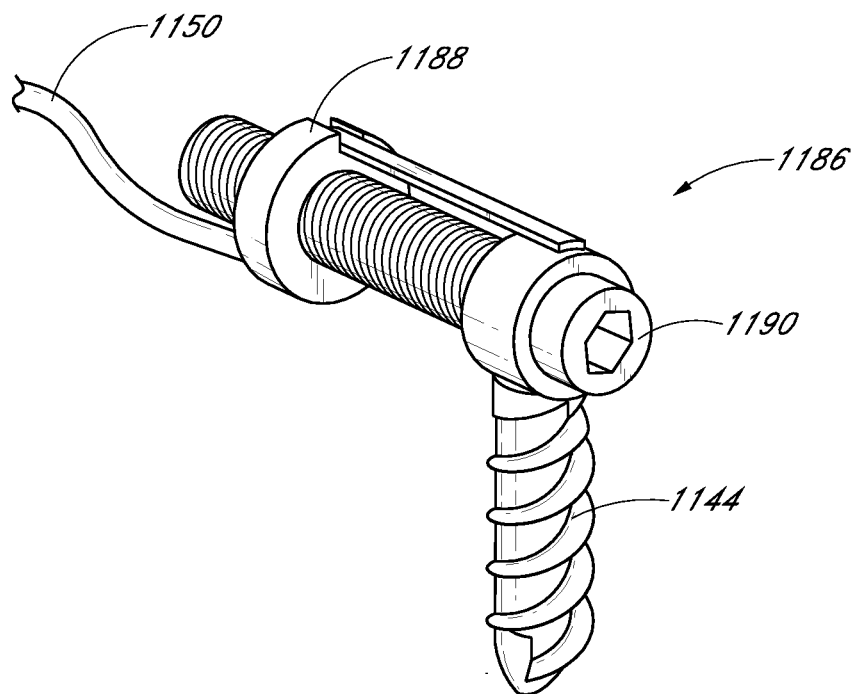
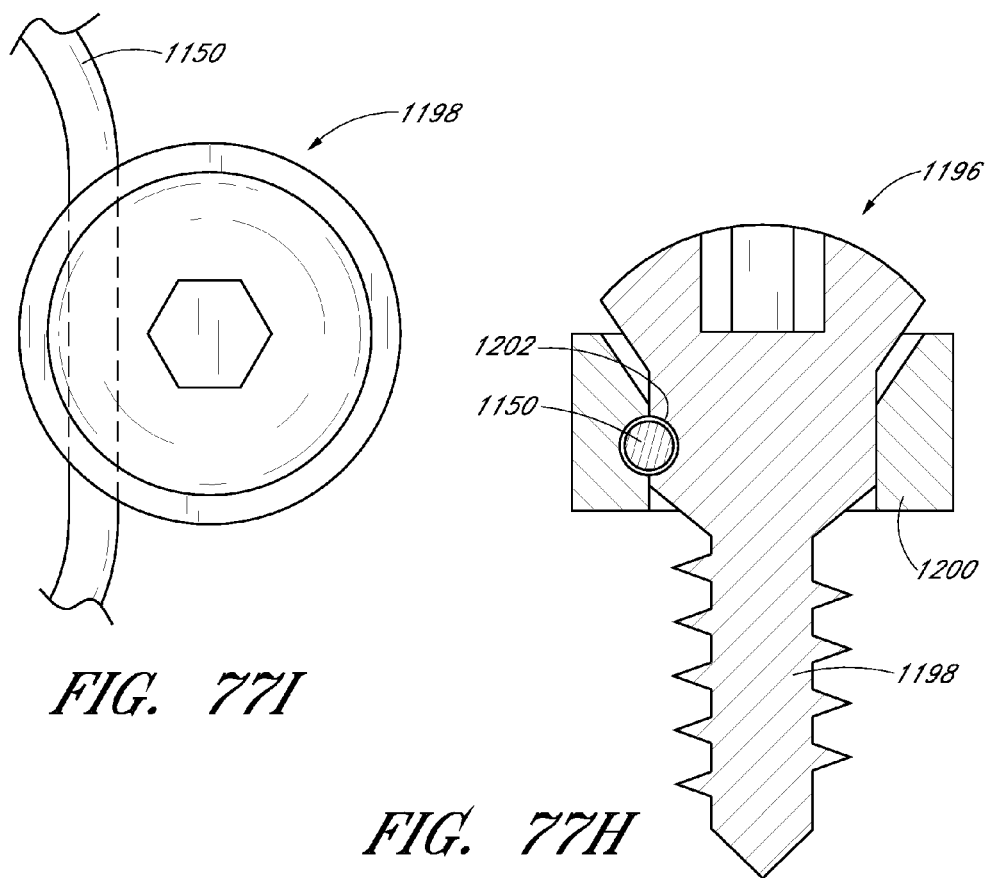
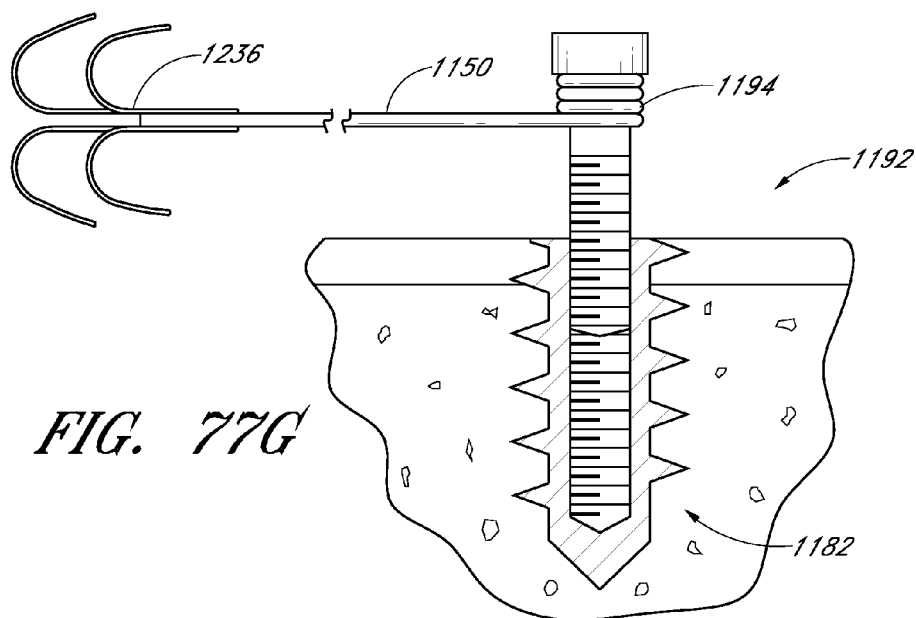


FIG. 77F



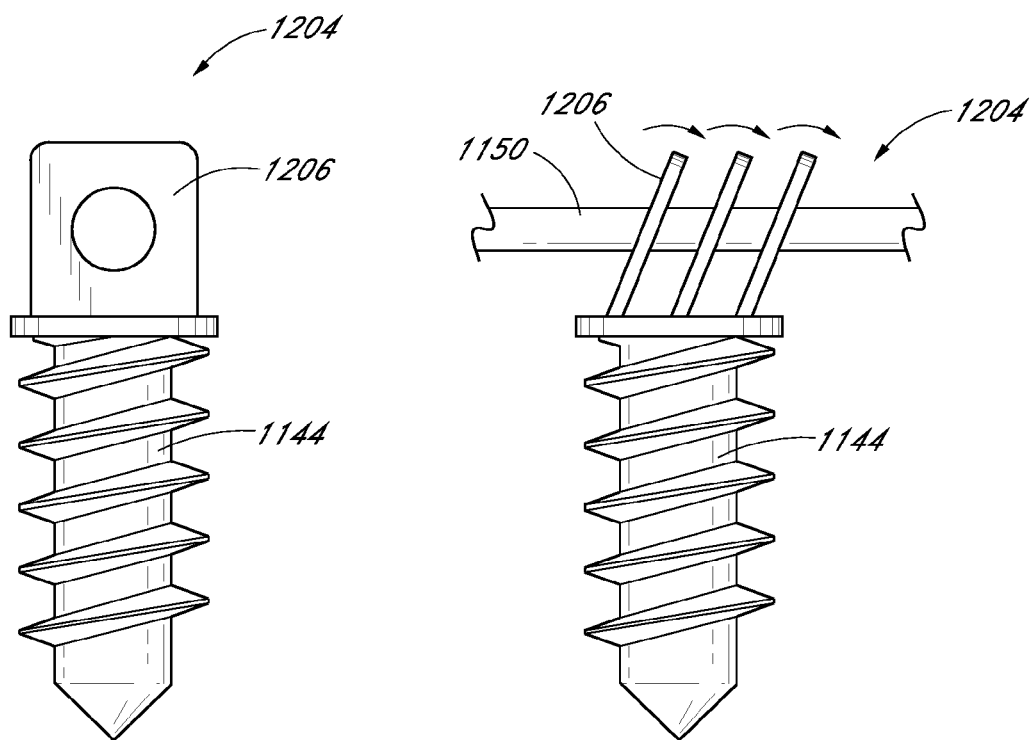


FIG. 77J

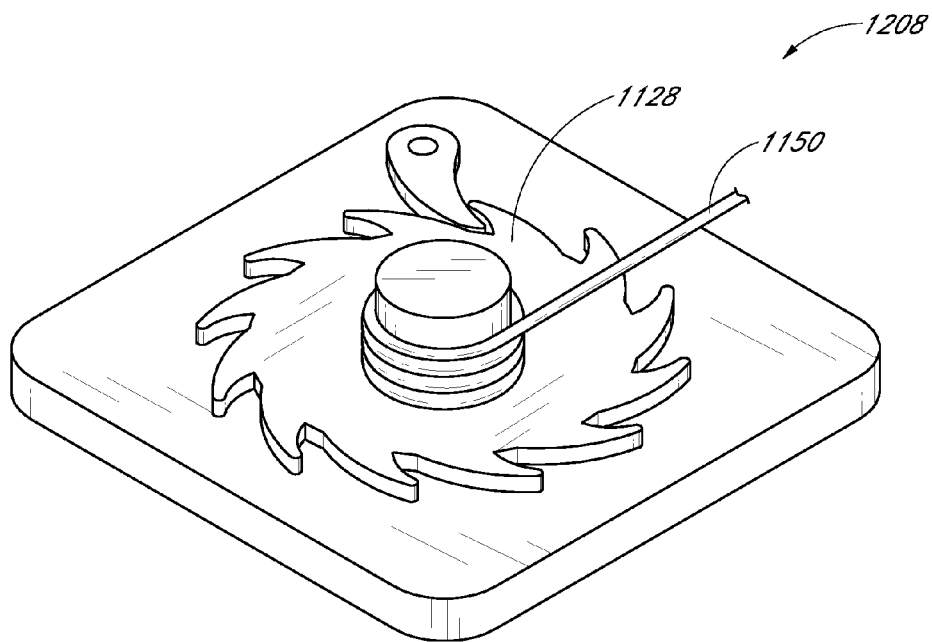


FIG. 77K

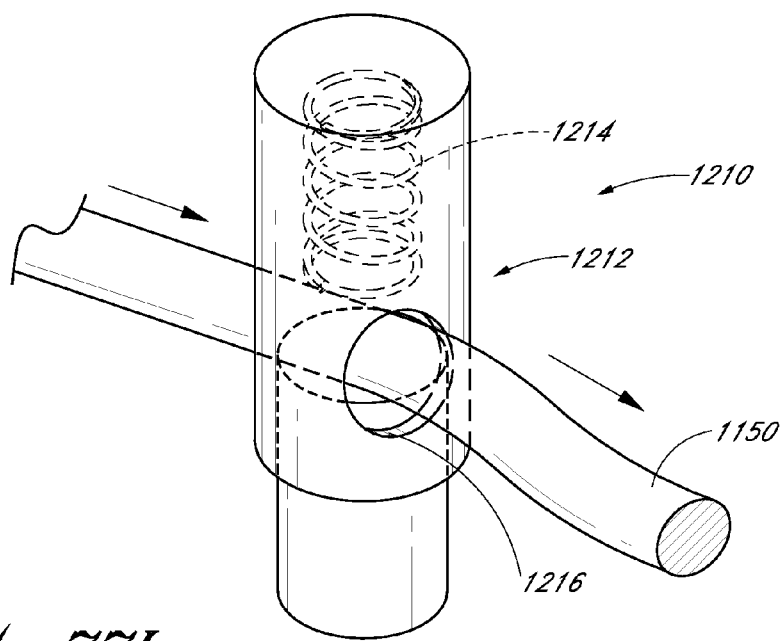


FIG. 77L

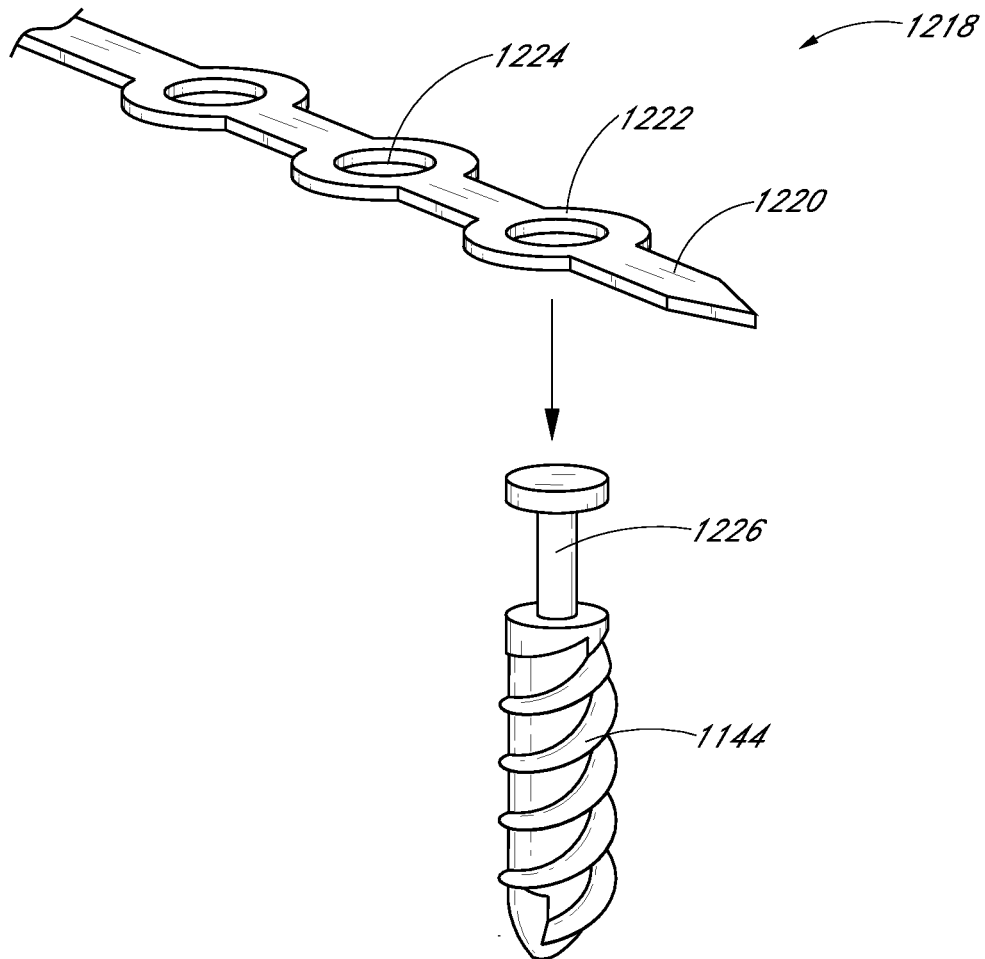


FIG. 78

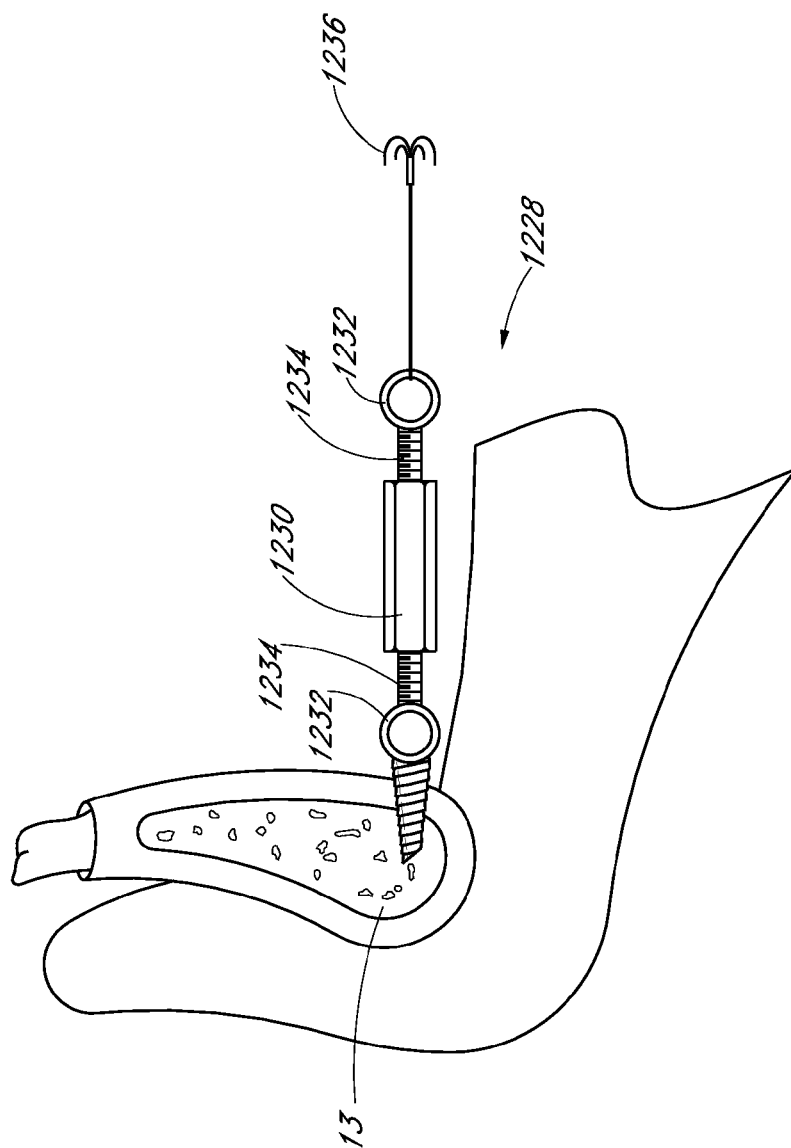
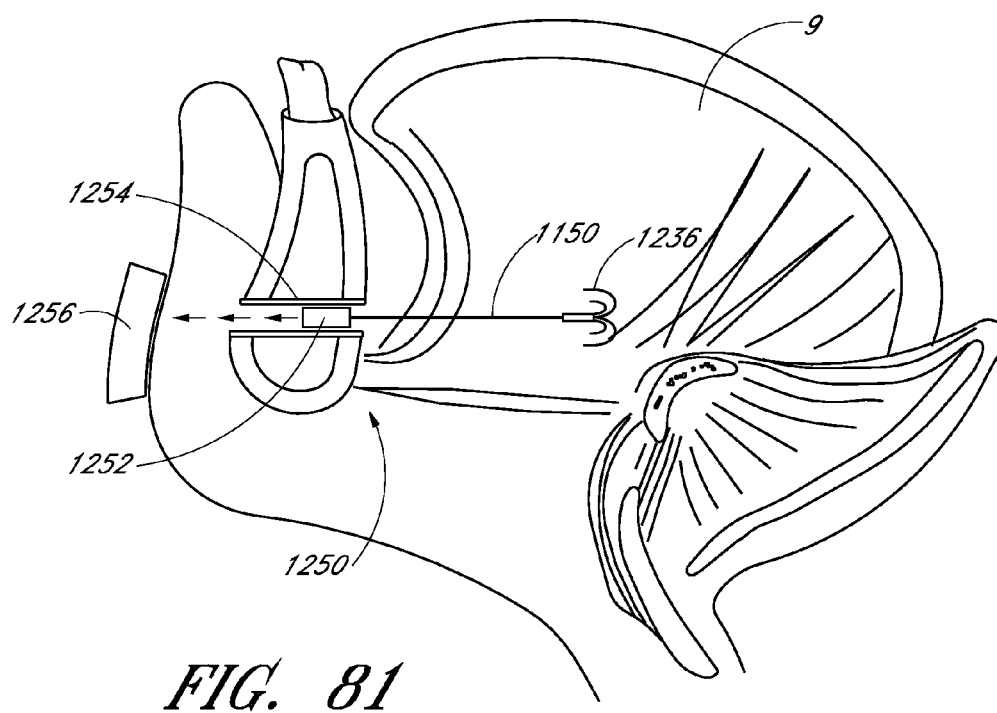
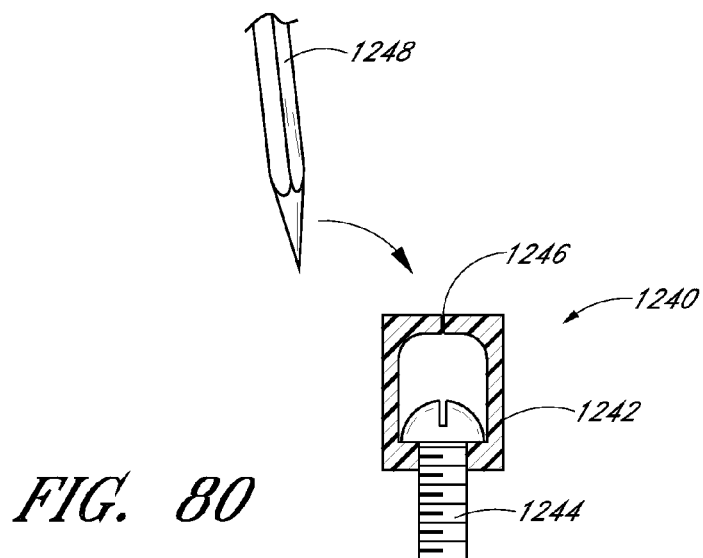


FIG. 79



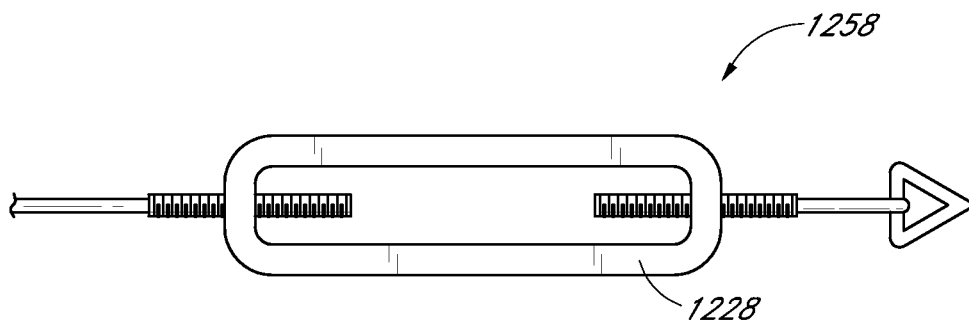


FIG. 82A

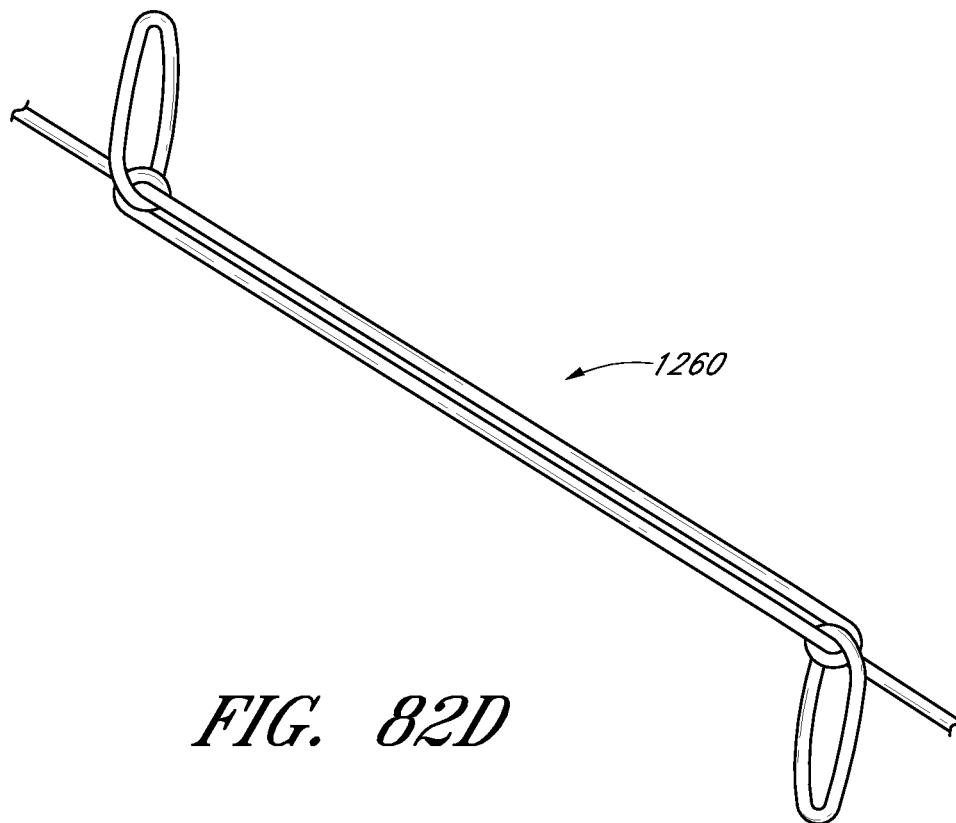


FIG. 82D

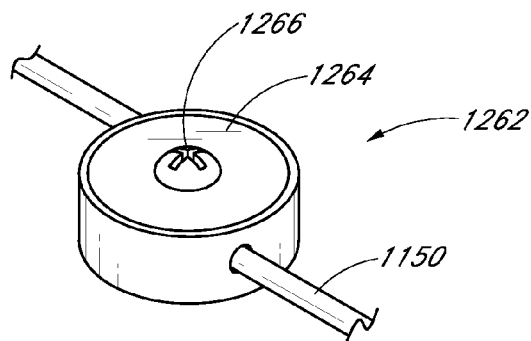


FIG. 82B

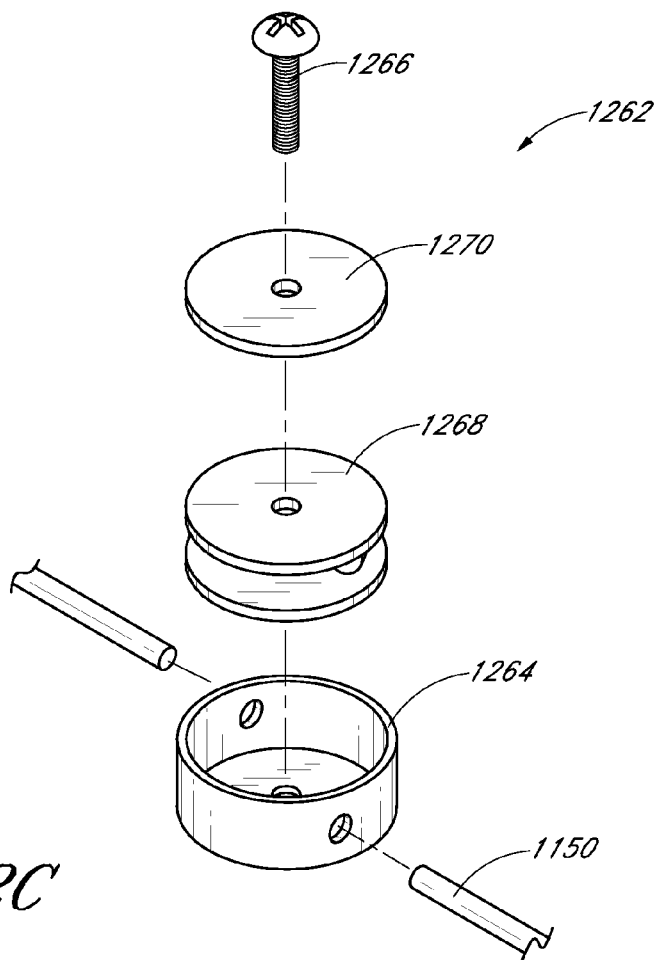


FIG. 82C

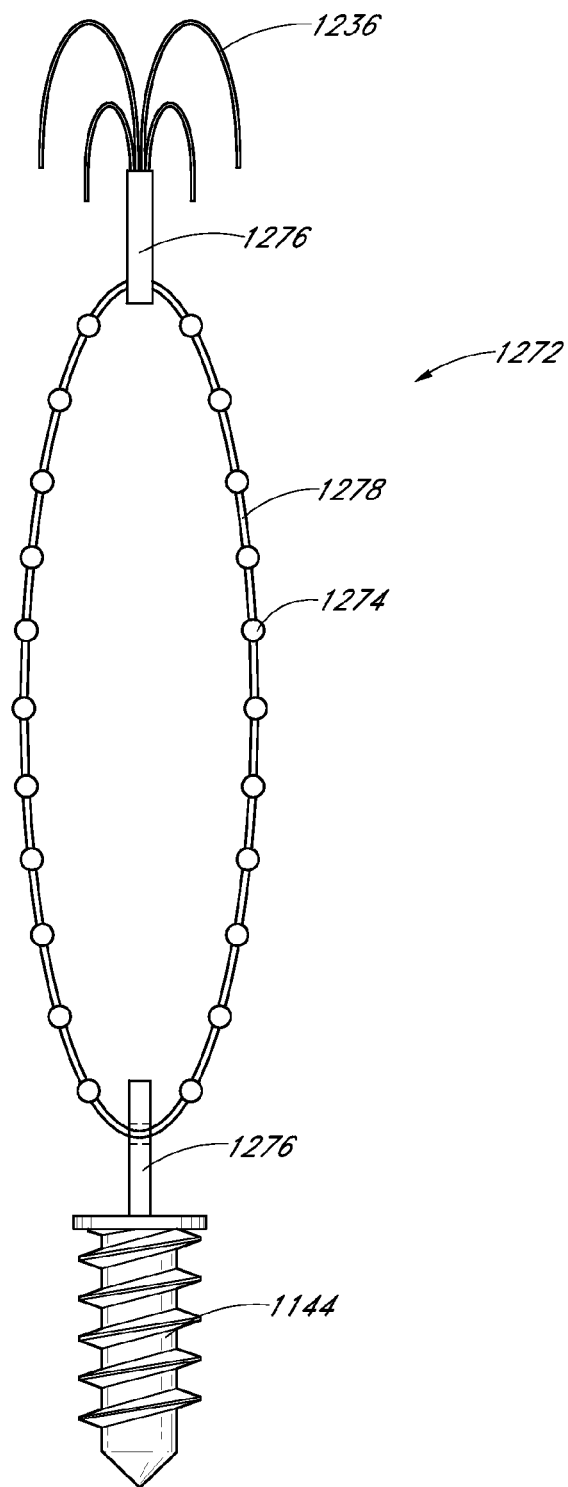


FIG. 83

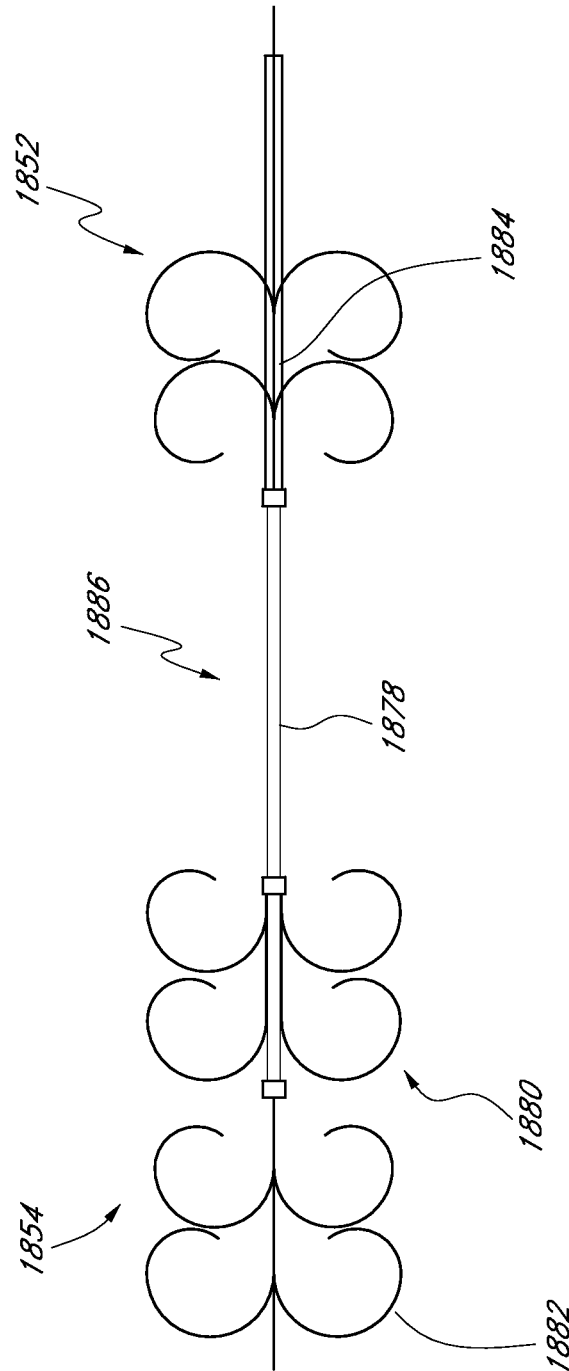


FIG. 84

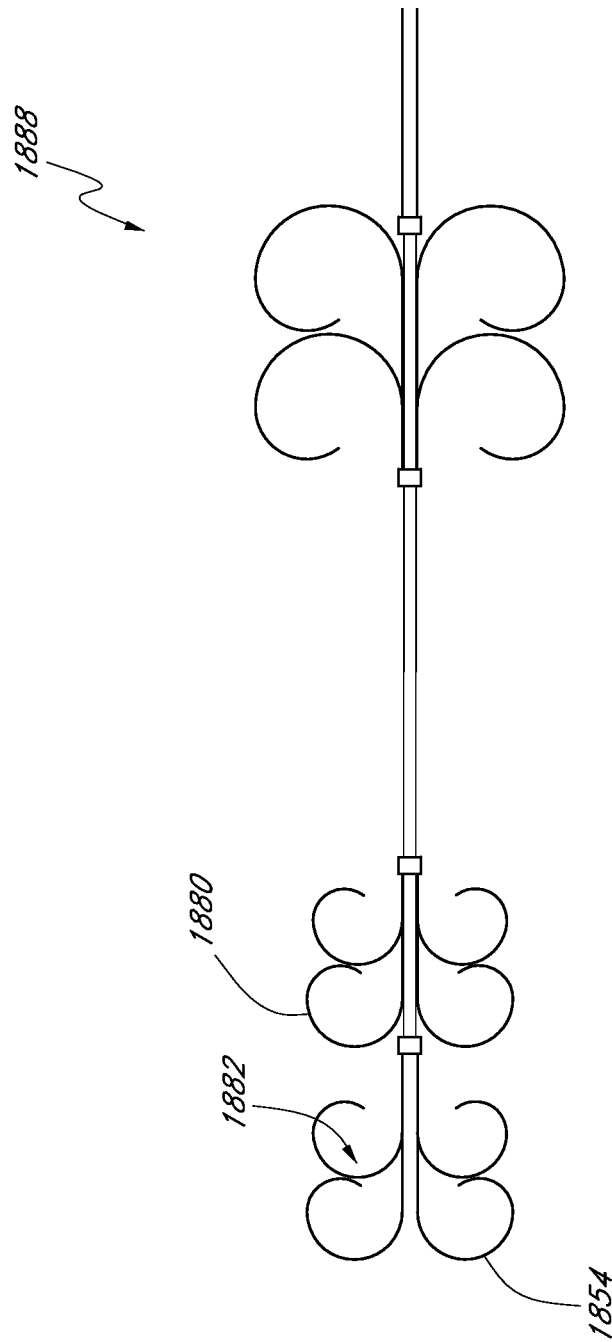


FIG. 85

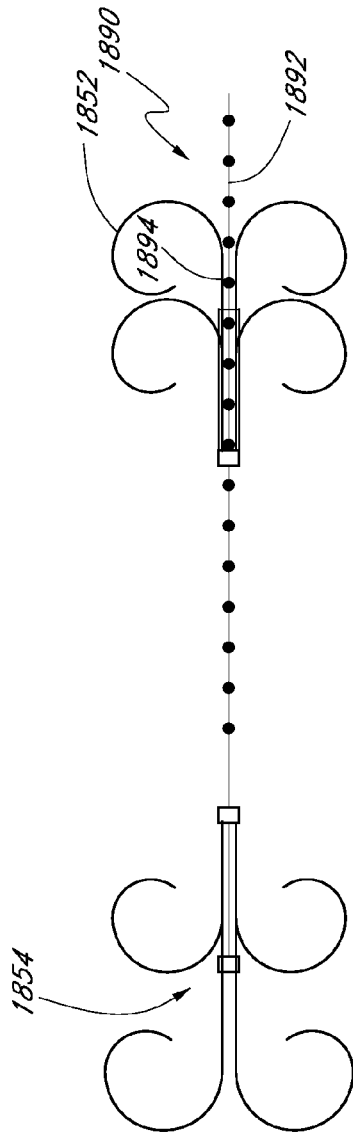


FIG. 86A

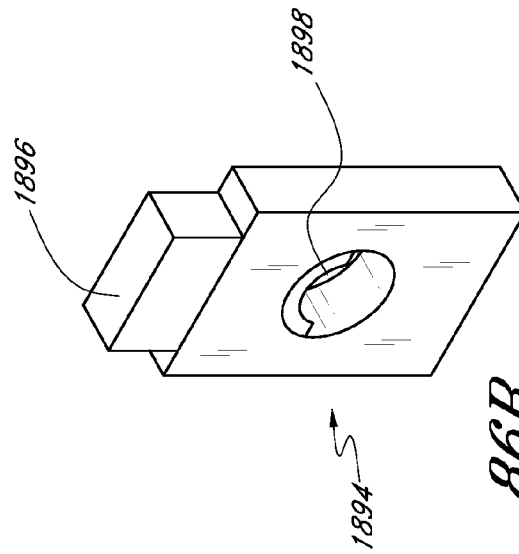


FIG. 86B

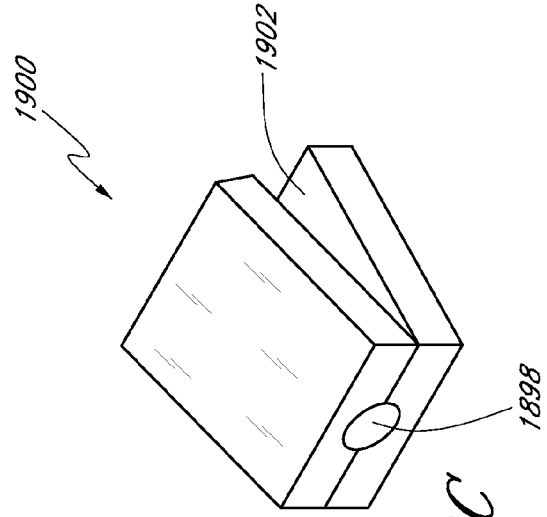
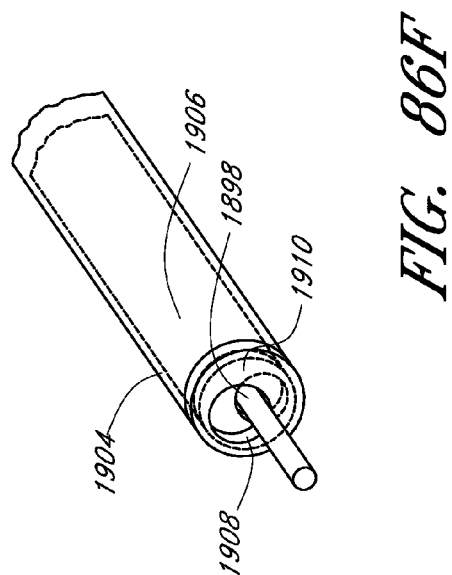
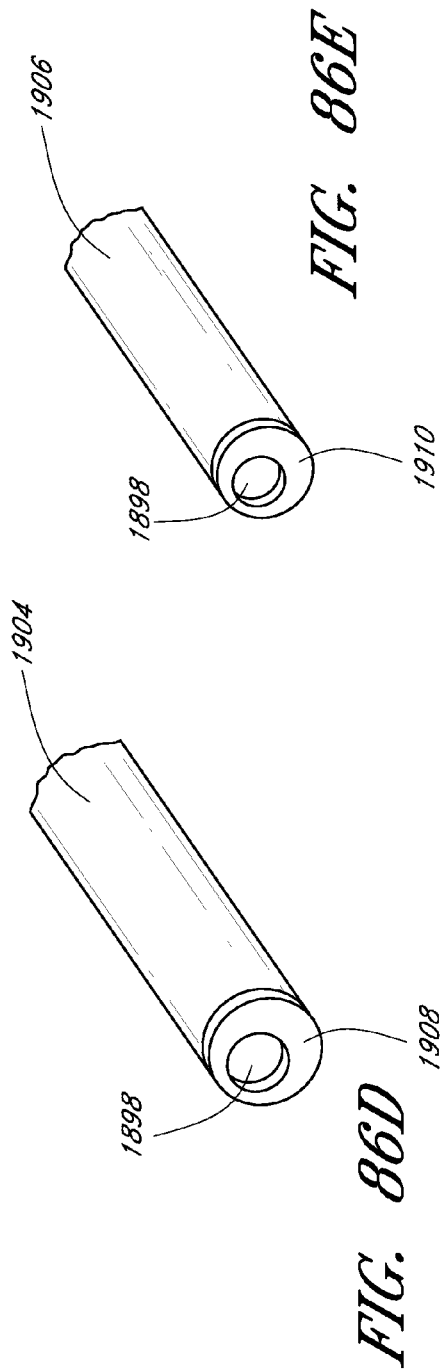
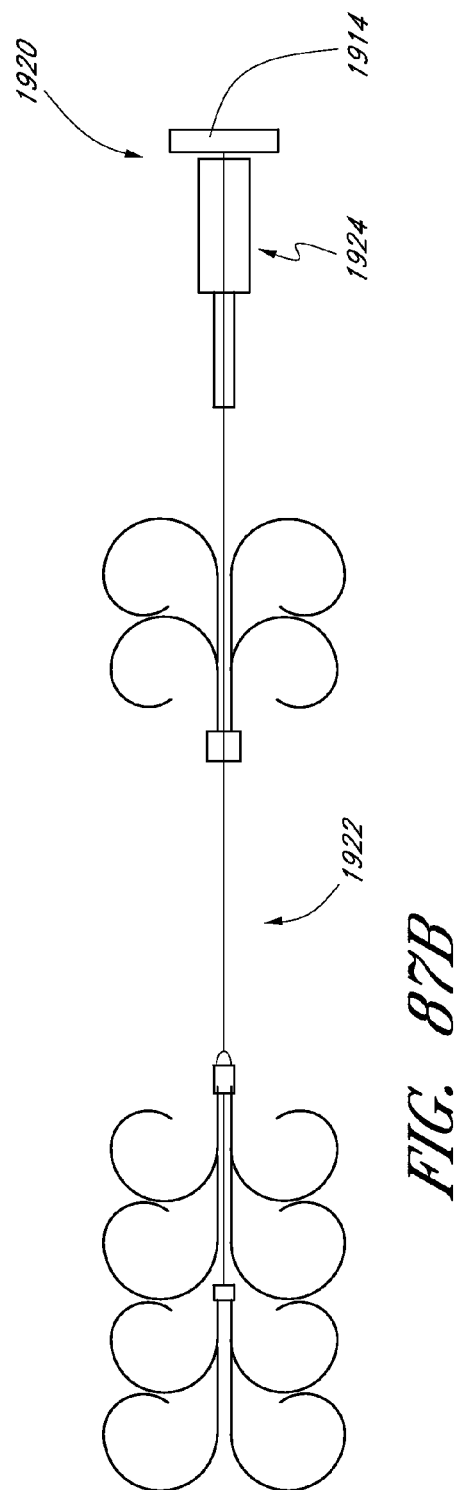
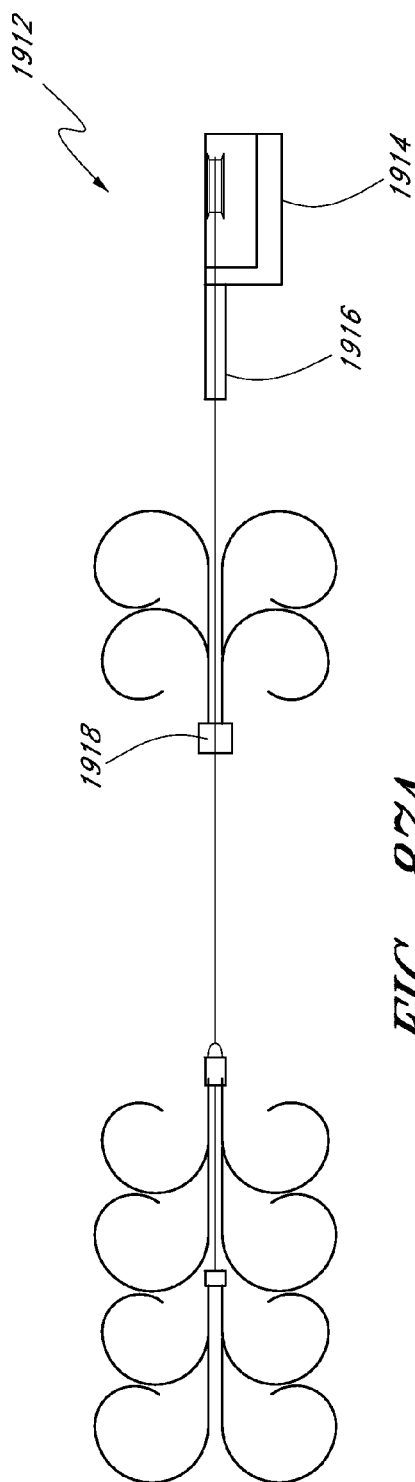
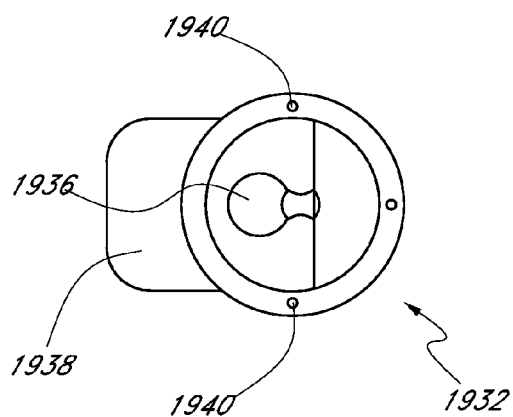
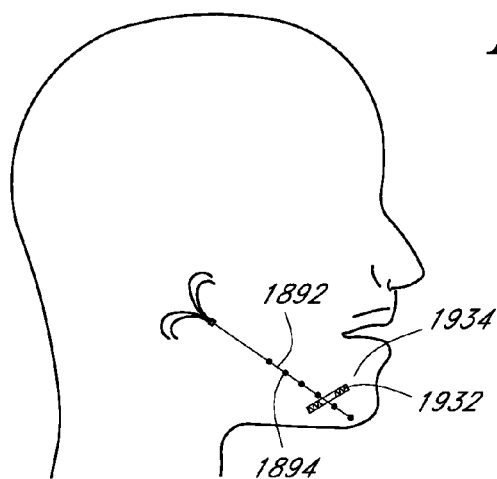
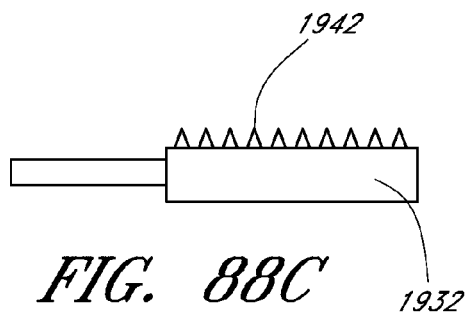
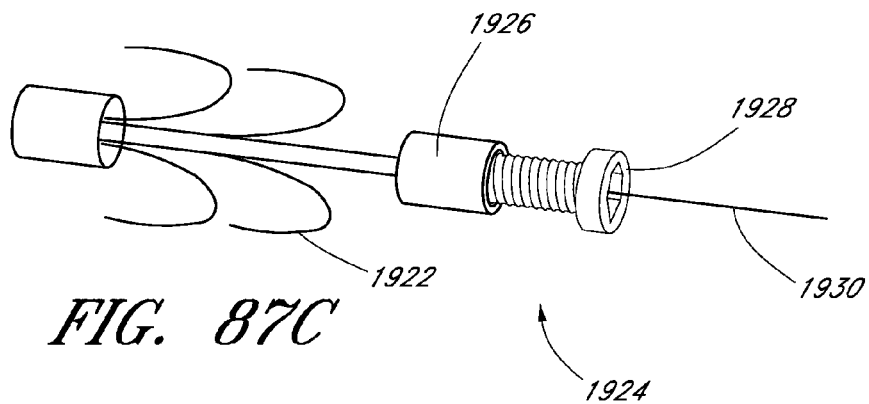


FIG. 86C







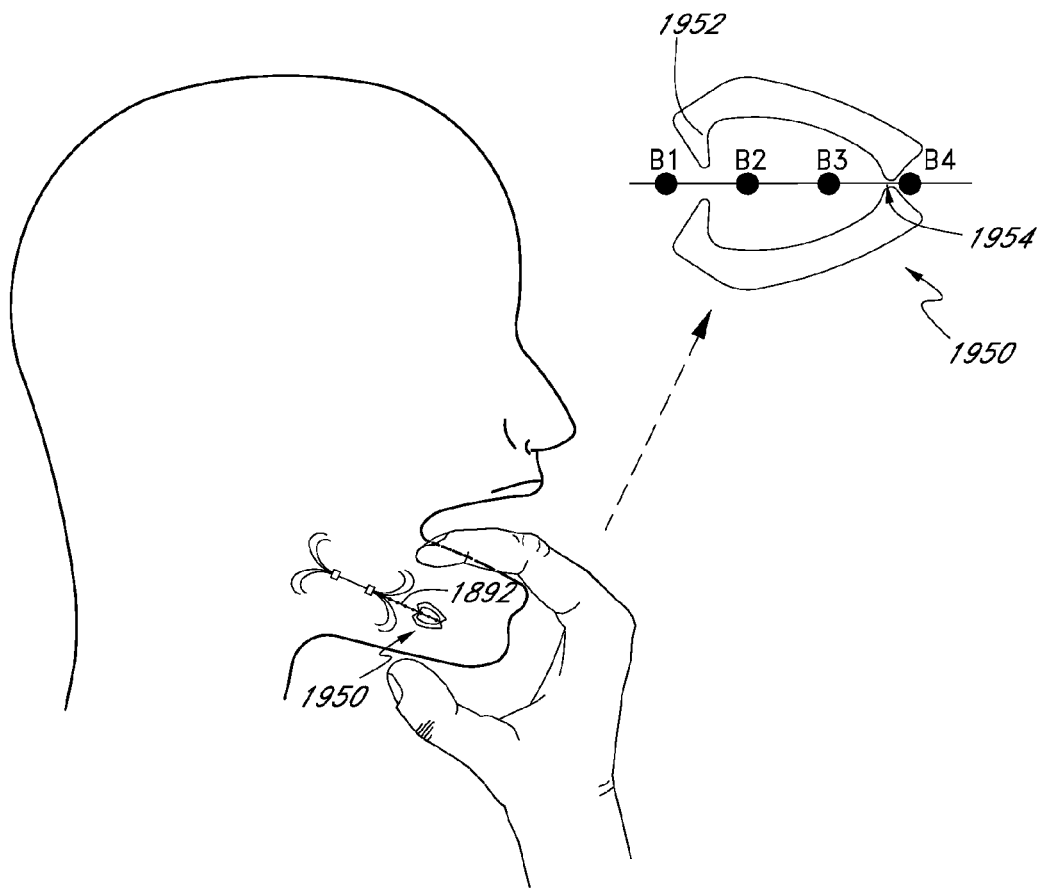


FIG. 89

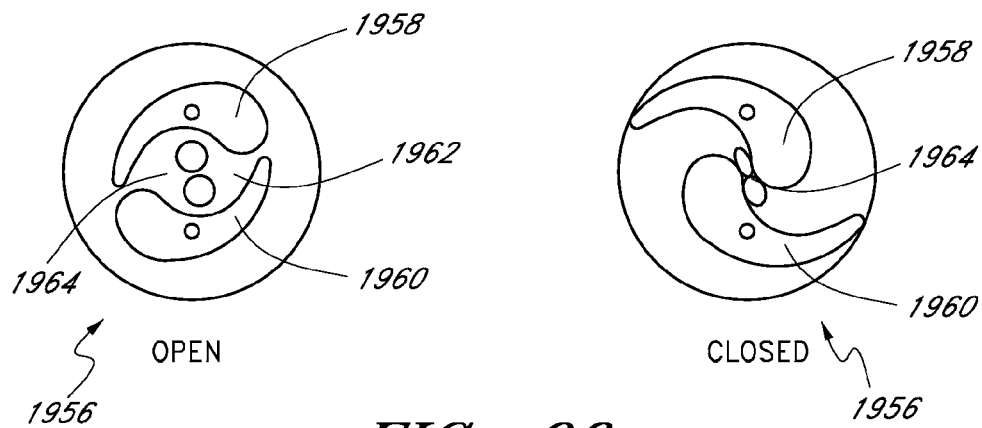


FIG. 90

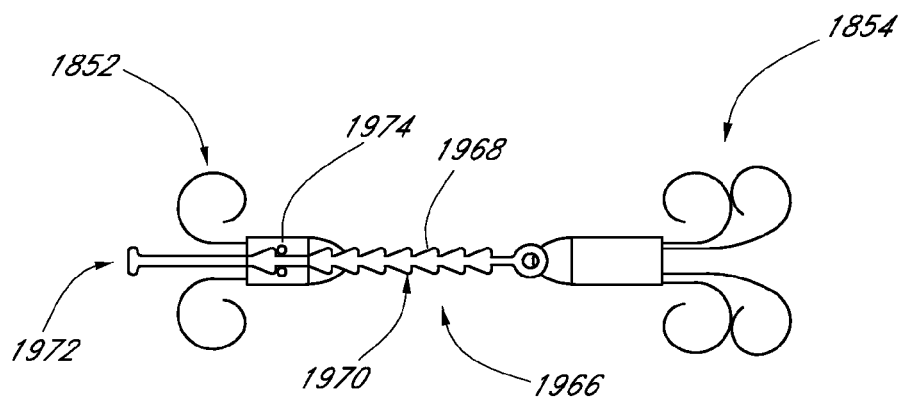


FIG. 91A

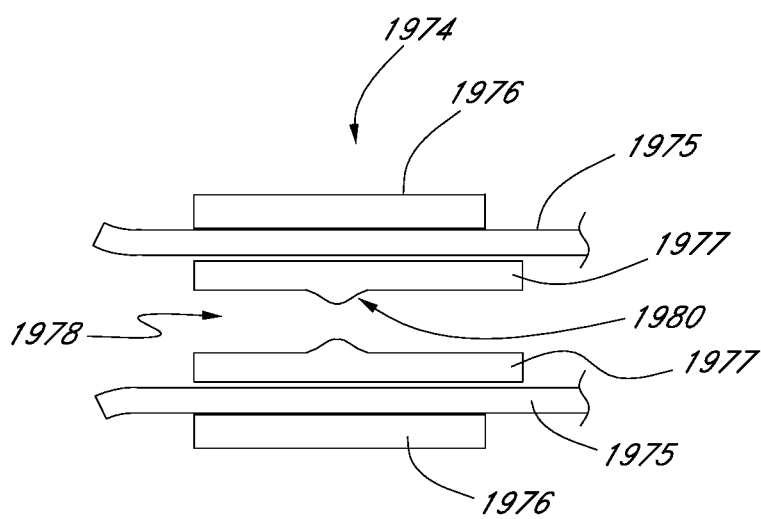


FIG. 91B

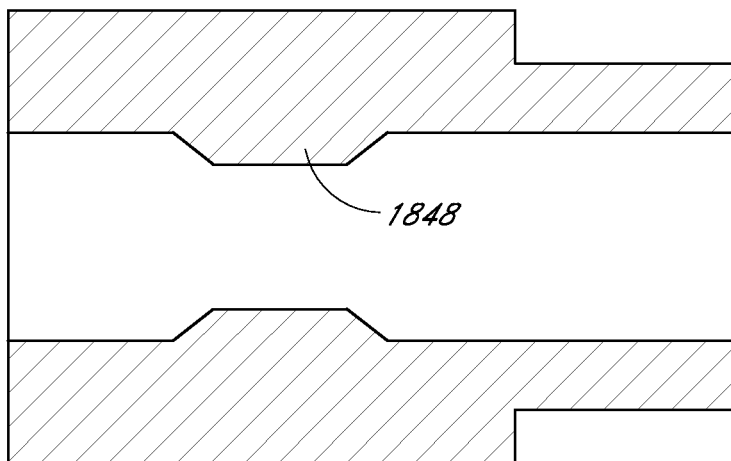


FIG. 91C

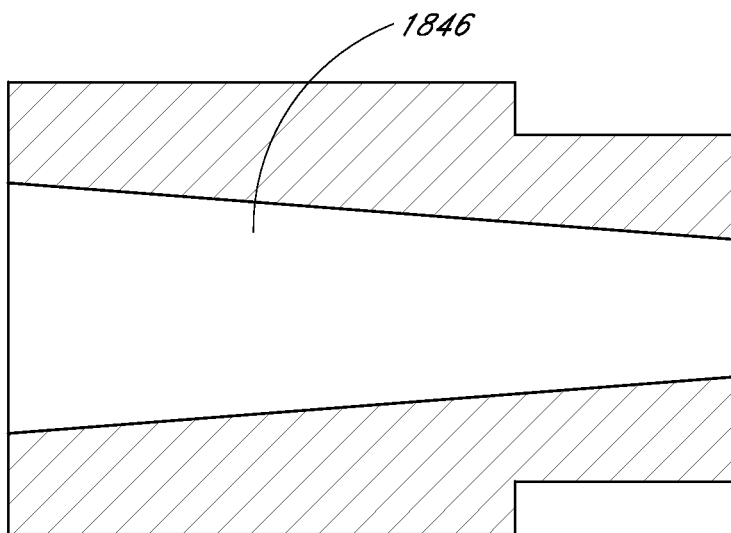


FIG. 91D

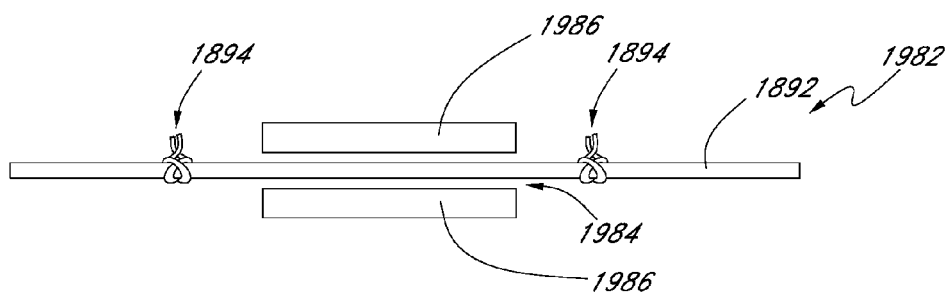


FIG. 92

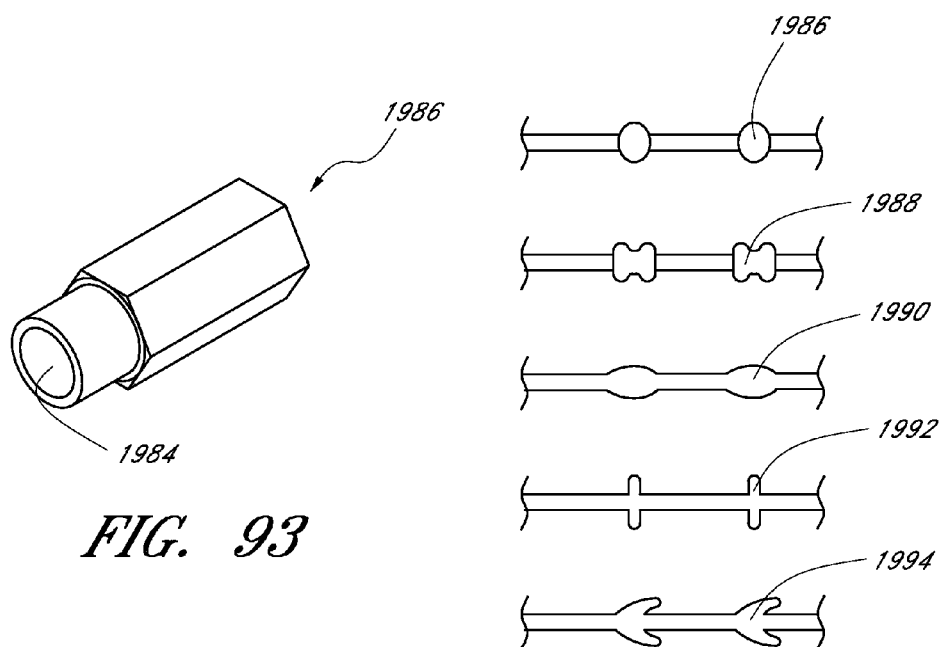


FIG. 93

FIG. 94A

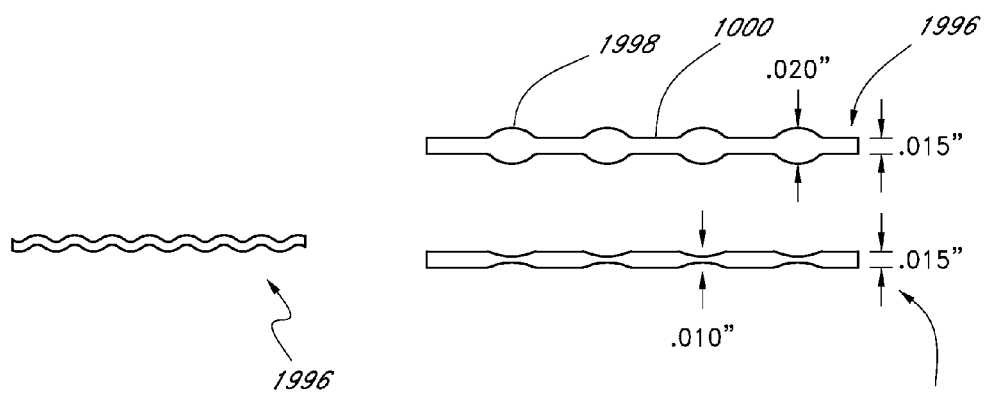


FIG. 94B

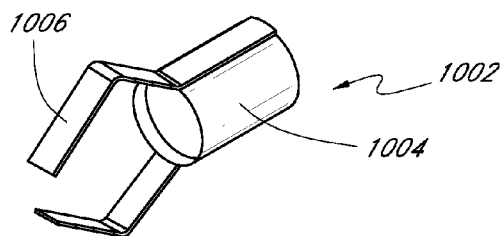


FIG. 95A

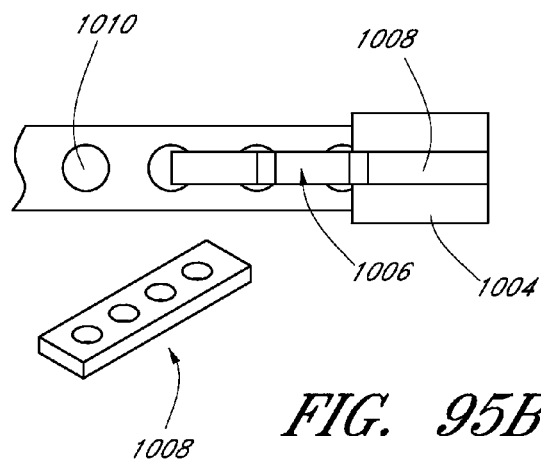


FIG. 95B

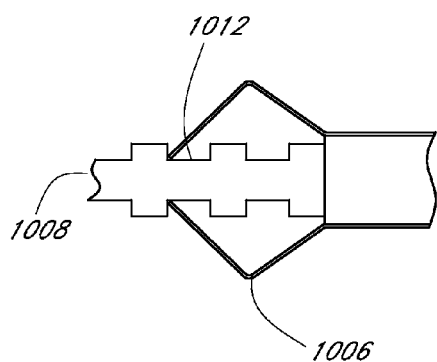


FIG. 95C

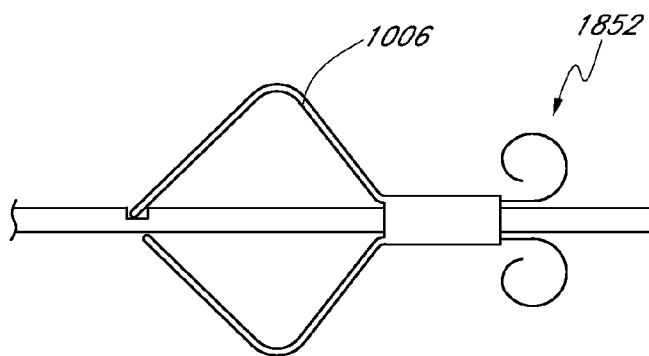


FIG. 95D

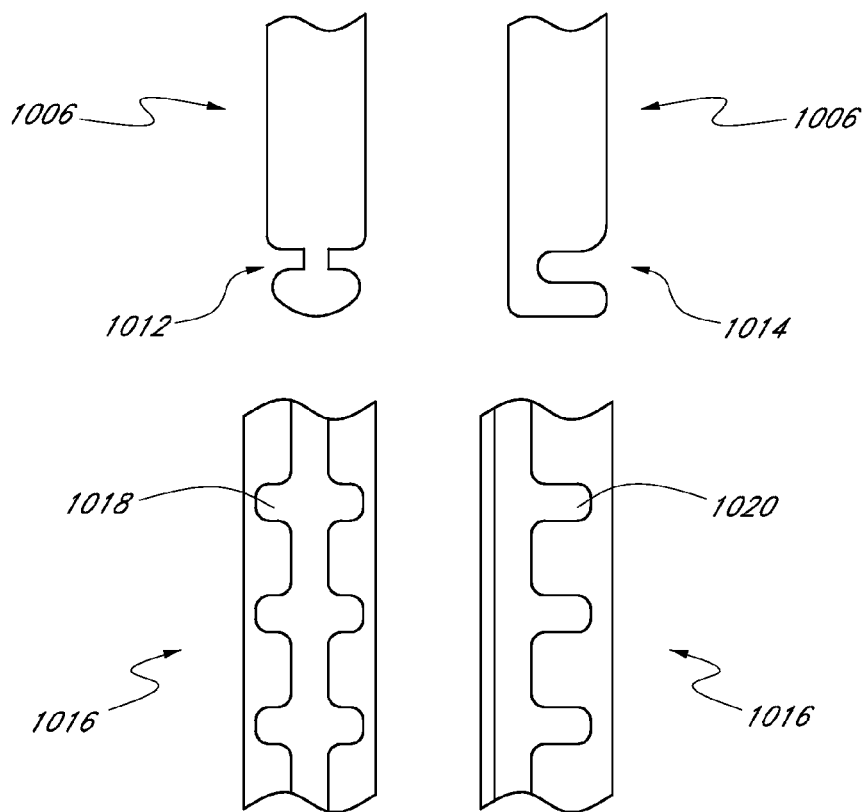


FIG. 95E

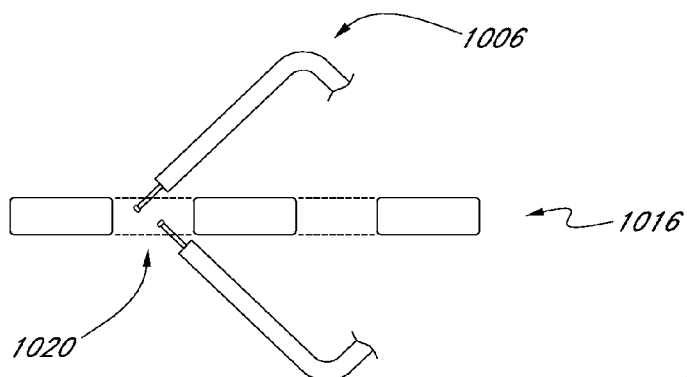


FIG. 95F

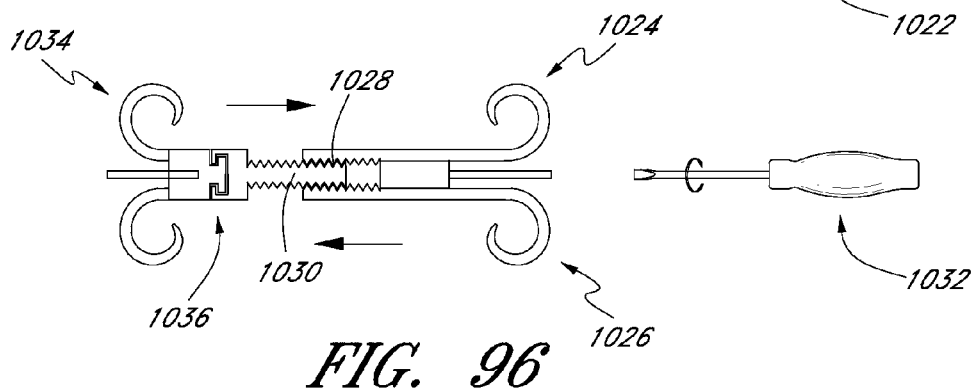
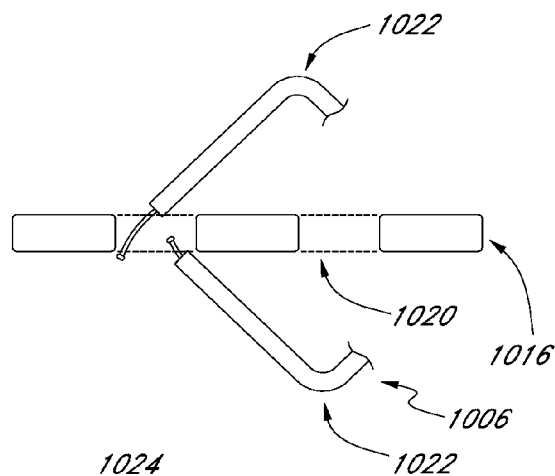


FIG. 96

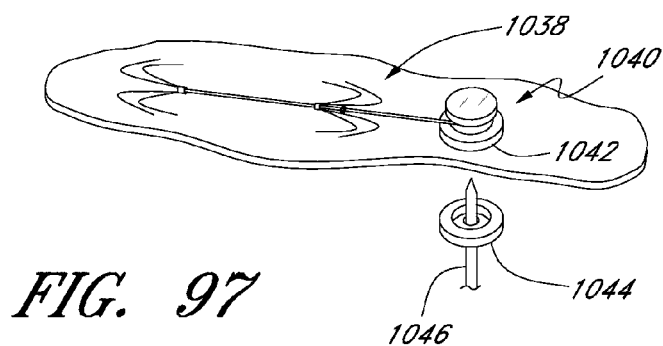


FIG. 97

GLOSSOPEXY ADJUSTMENT SYSTEM AND METHOD

CROSS-REFERENCE TO RELATED APPLICATIONS

The present application claims priority under 35 U.S.C. §119(e) to U.S. Provisional Application Nos. 60/813,230, 60/813,285 and 60/813,058, all filed on Jun. 13, 2006. The present application also claims priority as a continuation-in-part application of U.S. patent application Ser. No. 11/349,067, filed Feb. 7, 2006, which claims priority to U.S. Provisional Application Nos. 60/650,867, filed Feb. 8, 2005 and 60/726,028, filed Oct. 12, 2005. All of the priority applications are hereby incorporated by reference in their entirety.

BACKGROUND OF THE INVENTION

1. Field of the Invention

This invention relates generally to a system and method for treating upper airway obstruction, sleep disordered breathing, upper airway resistance syndrome and snoring by manipulating the structures of the oropharynx, including the tongue.

2. Description of the Related Art

Respiratory disorders during sleep are recognized as a common disorder with significant clinical consequences. During the various stages of sleep, the human body exhibits different patterns of brain and muscle activity. In particular, the REM sleep stage is associated with reduced or irregular ventilatory responses to chemical and mechanical stimuli and a significant degree of muscle inhibition. This muscle inhibition may lead to relaxation of certain muscle groups, including but not limited to muscles that maintain the patency of the upper airways, and create a risk of airway obstruction during sleep. Because muscle relaxation narrows the lumen of the airway, greater inspiratory effort may be required to overcome airway resistance. This increased inspiratory effort paradoxically increases the degree of airway resistance and obstruction through a Bernoulli effect on the flaccid pharyngeal walls during REM sleep.

Obstructive Sleep Apnea (OSA) is a sleep disorder that affects up to 2 to 4% of the population in the United States. OSA is characterized by an intermittent cessation of airflow in the presence of continued inspiratory effort. When these obstructive episodes occur, an affected person will transiently arouse, regain muscle tone and reopen the airway. Because these arousal episodes typically occur 10 to 60 times per night, sleep fragmentation occurs which produces excessive daytime sleepiness. Some patients with OSA experience over 100 transient arousal episodes per hour.

In addition to sleep disruption, OSA may also lead to cardiovascular and pulmonary disease. Apnea episodes of 60 seconds or more have been shown to decrease the partial pressure of oxygen in the lung alveoli by as much as 35 to 50 mm Hg. Some studies suggest that increased catecholamine release in the body due to the low oxygen saturation causes increases in systemic arterial blood pressure, which in turn causes left ventricular hypertrophy and eventually left heart failure. OSA is also associated with pulmonary hypertension, which can result in right heart failure.

Radiographic studies have shown that the site of obstruction in OSA is isolated generally to the supralaryngeal airway, but the particular site of obstruction varies with each person and multiple sites may be involved. A small percentage of patients with OSA have obstructions in the nasopharynx caused by deviated septums or enlarged turbinates. These obstructions may be treated with septoplasty or turbinate

reduction procedures, respectively. More commonly, the oropharynx and the hypopharynx are implicated as sites of obstruction in OSA. Some studies have reported that the occlusion begins with the tongue falling back in an anterior-posterior direction (A-P) to contact with the soft palate and posterior pharyngeal wall, followed by further occlusion of the lower pharyngeal airway in the hypopharynx. This etiology is consistent with the physical findings associated with OSA, including a large base of tongue, a large soft palate, shallow palatal arch and a narrow mandibular arch. Other studies, however, have suggested that increased compliance of the lateral walls of the pharynx contributes to airway collapse. In the hypopharynx, radiographic studies have reported that hypopharyngeal collapse is frequently caused by lateral narrowing of the pharyngeal airway, rather than narrowing in the A-P direction.

OSA is generally diagnosed by performing overnight polysomnography in a sleep laboratory. Polysomnography typically includes electroencephalography to measure the stages of sleep, an electro-oculogram to measure rapid eye movements, monitoring of respiratory effort through intercostal electromyography or piezoelectric belts, electrocardiograms to monitor for arrhythmias, measurement of nasal and/or oral airflow and pulse oximetry to measure oxygen saturation of the blood.

Following the diagnosis of OSA, some patients are prescribed weight loss programs as part of their treatment plan, because of the association between obesity and OSA. Weight loss may reduce the frequency of apnea in some patients, but weight loss and other behavioral changes are difficult to achieve and maintain. Therefore, other modalities have also been used in the treatment of OSA, including pharmaceuticals, non-invasive devices and surgery.

Among the pharmaceutical treatments, respiratory stimulants and drugs that reduce REM sleep have been tried in OSA. Progesterone, theophylline and acetazolamide have been used as respiratory stimulants, but each drug is associated with significant side effects and their efficacy in OSA is not well studied. Protriptyline, a tricyclic antidepressant that reduces the amount of REM sleep, has been shown to decrease the frequency of apnea episodes in severe OSA, but is associated with anti-cholinergic side effects such as impotence, dry mouth, urinary retention and constipation.

Other modalities are directed at maintaining airway patency during sleep. Oral appliances aimed at changing the position of the soft palate, jaw or tongue are available, but patient discomfort and low compliance have limited their use. Continuous Positive Airway Pressure (CPAP) devices are often used as first-line treatments for OSA. These devices use a sealed mask which produce airflow at pressures of 5 to 15 cm of water and act to maintain positive air pressure within the pharyngeal airway and thereby maintain airway patency. Although CPAP is effective in treating OSA, patient compliance with these devices is low for several reasons. Sleeping with a sealed nasal mask is uncomfortable for patients. Smaller sealed nasal masks may be more comfortable for patients but are ineffective in patients who sleep with their mouths open, as the air pressure will enter the nasopharynx and then exit the oropharynx. CPAP also causes dry nasal passages and congestion.

Surgical treatments for OSA avoid issues with patient compliance and are useful for patients who fail conservative treatment. One surgery used for OSA is uvulopalatopharyngoplasty (UPPP). UPPP attempts to improve airway patency in the oropharynx by eliminating the structures that contact the tongue during sleep. This surgery involves removal of the uvula and a portion of the soft palate, along with the tonsils

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and portions of the tonsillar pillars. Although snoring is reduced in a majority of patients who undergo UPPP, the percentage of patients who experience reduced frequency of apnea episodes or improved oxygen saturation is substantially lower. Postoperatively, many patients that have undergone UPPP continue to exhibit oropharyngeal obstruction or concomitant hypopharyngeal obstruction. Nonresponders often have physical findings of a large base of tongue, an omega-shaped epiglottis and redundant aryepiglottic folds. UPPP is not a treatment directed at these structures. UPPP also exposes patients to the risks of general anesthesia and postoperative swelling of the airway that will require a tracheostomy. Excessive tissue removal may also cause velopharyngeal insufficiency where food and liquids enter into the nasopharynx during swallowing.

Laser-assisted uvulopalatopharyngoplasty (LAUP) is a similar procedure to UPPP that uses a CO₂ laser to remove the uvula and portions of the soft palate, but the tonsils and the lateral pharyngeal walls are not removed.

For patients who fail UPPP or LAUP, other surgical treatments are available but these surgeries entail significantly higher risks of morbidity and mortality. In genioglossal advancement with hyoid myotomy (GAHM), an antero-inferior portion of the mandible, which includes the attachment point of the tongue musculature, is repositioned forward and in theory will pull the tongue forward and increase airway diameter. The muscles attached to the inferior hyoid bone are severed to allow the hyoid bone to move superiorly and anteriorly. Repositioning of the hyoid bone expands the retrolingual airspace by advancing the epiglottis and tongue base anteriorly. The hyoid bone is held in its new position by attaching to the mandible using fascia. Variants of this procedure attach the hyoid bone inferiorly to the thyroid cartilage.

A laser midline glossectomy (LMG) has also been tried in some patients who have failed UPPP and who exhibit hypopharyngeal collapse on radiographic studies. In this surgery, a laser is used to resect the midline portion of the base of the tongue. This involves significant morbidity and has shown only limited effectiveness.

In some patients with craniofacial abnormalities that include a receding mandible, mandibular or maxillomandibular advancement surgeries may be indicated for treatment of OSA. These patients are predisposed to OSA because the posterior mandible position produces posterior tongue displacement that causes airway obstruction. In a mandibular advancement procedure, the mandible is cut bilaterally posterior to the last molar and advanced forward approximately 10 to 14 mm. Bone grafts are used to bridge the bone gap and the newly positioned mandible is wire fixated to the maxilla until healing occurs. Mandibular advancement may be combined with a Le Fort I maxillary osteotomy procedure to correct associated dental or facial abnormalities. These procedures have a high morbidity and are indicated only in refractory cases of OSA.

Experimental procedures described in the clinical literature for OSA include the volumetric radiofrequency tissue ablation and hyoidplasty, where the hyoid bone is cut into several segments and attached to a brace that widens the angle of the U-shaped hyoid bone. The latter procedure has been used in dogs to increase the pharyngeal airway lumen at the level of the hyoid bone. The canine hyoid bone, however, is unlike a human hyoid bone because the canine hyoid bone comprises nine separate and jointed bones, while the human hyoid bone comprises five bones that are typically fused together.

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Notwithstanding the foregoing, there remains a need for improved methods and devices for treating obstructive sleep apnea.

SUMMARY OF THE INVENTION

Methods and devices for manipulating soft tissue are provided. A tissue-engaging member is used to engage a region of soft tissue. The tissue-engaging member is attached to another site that is less mobile than the soft-tissue engaged by the tissue-engaging member. The less mobile site may be a bone or connective tissue attached to bone.

In further embodiments, methods and devices are disclosed for manipulating the tongue. An implant is positioned within at least a portion of the tongue and may be secured to other surrounding structures such as the mandible and/or hyoid bone. In general, the implant is manipulated to displace at least a portion of the posterior tongue in an anterior or lateral direction, or to alter the tissue tension or compliance of the tongue.

In one embodiment of the invention, a method for treating a patient is provided, comprising the steps of providing a tongue remodeling system, the system comprising at least one tether support and at least one tongue element, the at least one tongue element having at least one anchor joined to at least one tether; accessing a region about the mandible; inserting the at least one anchor through a first pathway along the region about the mandible to a tongue; attaching at least one tether of the at least one tongue element to at least one tether support; positioning at least one tether support against the surface of the mandible; and fixing the at least one tether to the at least one tether support. The term "glossoplasty", as used herein, shall be given its ordinary meaning and shall also mean any change in the configuration and/or characteristics of the tongue and is also used interchangeably with the term "tongue remodeling". In some embodiments, at least a portion of the first pathway passes through the mandible. The method may further comprise the step of adjusting the tension of the at least one tether. The step of adjusting the tension of the at least one tether may comprise decreasing the tension or increasing the tension. In some instances, the at least one tether support of the providing step comprises an adjustable tether tension interface. In one embodiment, the method further comprises the steps of accessing the adjustable tether tension interface; and adjusting the tension of the at least one tether. In some embodiments, the first anchor of the providing step may comprise a wire coil, a T-tag, a polymer plug, or a fibrous or porous polymer plug. The first anchor of the providing step may also comprise a slotted tube having a distal end, a proximal end, and a plurality of expandable middle bands between the distal end and proximal end. The first tether may be secured to the distal end of the slotted tube or the proximal end of the slotted tube. In one embodiment, the slotted tube of the providing step may be self-expandable or expandable by shortening the slotted tube along its longitudinal length. The method may also further comprise the step of pulling the first tether to expand the slotted tube.

In another embodiment of the invention, another method for treating a patient is provided, comprising the steps of providing a patient with an implanted adjustable tongue remodeling system, comprising an adjustment assembly and one or more tongue elements inserted through the tongue; wherein at least one tongue element comprises an anchor and a tether secured to the adjustment assembly at a securing point on the adjustment assembly; accessing the adjustment assembly; and adjusting the tension of one or more tongue elements by manipulating the adjustment assembly. The adjusting step

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may comprise altering the relative configuration of the adjustment assembly, moving the securing point relative to the adjustment assembly, releasing the tether from the adjustment assembly and resecuring the tether to the adjustment assembly, or altering the length of the tether.

In another embodiment, a method for treating a patient is provided, comprising the steps of providing a patient with an implanted tongue remodeling system comprising one or more tongue elements inserted through the tongue; wherein at least one tongue element comprises a first tissue anchor implanted within the tongue and a tether attached to the first tissue anchor; accessing the at least one tongue element; and withdrawing the tissue anchor from the tongue. The method may further comprise the step of deforming the tissue anchor.

In another embodiment, a method for treating a patient comprises engaging a first portion of the tongue and attaching said portion of the tongue to a bone using a tension element having a variable length, wherein the variable length of the tension element varies with the tension of the tension element.

In one embodiment, the invention comprises a method for treating a patient, the method comprises compressing tongue tissue, said compression being conducted by inserting a spiral structure into the tongue tissue. The spiral structure may comprise at least one tissue engagement structure.

In another embodiment, a method for treating a patient is provided, comprising changing tongue tissue compliance, said change being conducted by inserting a spiral structure into the tongue tissue.

In still another embodiment, a method for treating a patient is provided, comprising engaging a first portion of the tongue; engaging a second portion of the tongue; and altering the tissue compliance at least between the first portion and the second portion. The step of altering tissue compliance may comprise increasing the tissue tension. The method may also further comprise altering the tissue compliance about the first portion.

In another embodiment of the invention, a method for treating a patient is provided, comprising engaging a first portion of the tongue; engaging a second portion of the tongue; and changing the tissue compliance at least between the first portion and the second portion.

In another embodiment, a method for remodeling the tongue is provided, comprising the steps of providing a rigid elongate body having a shape; defining a non-linear pathway through the tongue; and inserting the rigid elongate body through the pathway. The rigid elongate body of the providing step may have a linear configuration. The method may further comprise the step of remodeling the tongue by reorienting the non-linear pathway with respect to the shape of the elongate body.

In one embodiment, a method for remodeling the tongue is provided, comprising the steps of providing an elongate body having a first configuration and a second configuration; inserting the elongate body in its first configuration through a pathway having a first configuration; and changing the elongate body from its first configuration to its second configuration. The method may further comprise the step of redistributing the tongue tissue about the pathway by changing the pathway to a second configuration. The first configuration of the pathway may be linear, non-linear, may comprise a curve or at least one convex segment and at least one concave segment.

In one embodiment of the invention, an implantable device for manipulating soft tissue is provided, comprising at least one tissue anchor; an elongate member attached to the at least one tissue anchor; and a securing assembly comprising a bony

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attachment structure and an elongate member securing structure, wherein the elongate member securing structure is adapted to be movable relative to the bony attachment structure while the elongate member is secured to the elongate member securing structure. The bony attachment structure may be adapted for insertion into the mandible. In some instances, the bony attachment structure has a cylindrical configuration and a threaded outer surface. The securing assembly may further comprise a moving interface component adapted to move the elongate member securing structure. In some embodiments, the bony attachment structure comprises an internal sealable cavity and the elongate member securing structure comprises a fluid seal adapted to provide a sliding seal within the internal sealable cavity of the bony attachment structure. The bony attachment structure may further comprise a pierceable membrane for accessing the internal sealable cavity. The bony attachment structure may also comprise a threaded cylindrical internal cavity and the elongate member securing structure may comprise a cylinder having outer threads complementary to the threaded cylindrical internal cavity of the bony attachment structure and a rotatably attached securing interface. The bony attachment structure may also further comprise a longitudinal groove and the rotatably attached securing interface comprises a protrusion having a complementary configuration to the longitudinal groove of the bony attachment structure. The bony attachment structure may comprise an internal friction cavity and the elongate member securing structure may comprise a friction surface configured to provide a frictional fit within the internal friction cavity of the bony attachment structure. In some embodiments, the elongate member securing structure is adapted to provide a sliding frictional fit within the internal friction cavity of the bony attachment structure. In other embodiments, the elongate member securing structure further comprises a manipulation interface adapted to reversibly engage a manipulation tool. In still other embodiments, the bony attachment structure comprises an internal tapered cavity and the elongate member securing structure comprises a base with at least two radially inwardly deflectable prongs adapted to engage the elongate member.

In one embodiment of the invention, a device for manipulating the tongue is provided, comprising a variable pitch spiral having a first portion with a first pitch and a second portion with a second pitch, the spiral comprising a biocompatible material dimensioned to fit within a tongue. The first portion may have a wide pitch and the second portion may have a narrow pitch. In other embodiments, the first portion has a narrow pitch and the second portion has a wide pitch.

In one embodiment, a device for manipulating the tongue is provided, comprising an elongate member having a first end, a second end, an middle section between the first end and the second end having at least one enlarged segment, wherein the first end is adapted to attach to a bony structure and the second end is adapted to attach to either a bony structure, the first end or the middle section, and wherein the at least one enlarged segment is adapted for positioning in the tongue. In some embodiments, the at least one enlarged segment may be at least partially formed in situ in the tongue, a tissue anchor, a sleeve or a coating.

In one embodiment, a method for manipulating the tongue is provided, comprising the steps of providing a tongue implant having a first portion with a first configuration and a second portion with a second configuration, the implant comprising a biocompatible material dimensioned to fit within a tongue; creating a pathway in the tongue by passing the first portion of the tongue implant; passing the second portion of the tongue implant into the pathway; and conforming the

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pathway in the tongue to the second portion of the tongue implant. The providing step may comprise providing a tongue implant that is a variable pitch spiral having a first portion with a first spiral pitch configuration and the second portion has a second spiral pitch configuration. The method may further comprise the steps of compressing the tissue about the pathway and/or stretching the tissue about the pathway.

In one embodiment, a method for treating a patient is provided, comprising: providing a tongue remodeling system, the system comprising at least one tether support and at least one tongue element, the at least one tongue element having at least one expandable tissue anchor joined to at least one tether; accessing a region about the mandible; inserting the at least one expandable tissue anchor through a first pathway along the region about the mandible to a tongue; attaching the at least one tether of the at least one tongue element to the at least one tether support; positioning the at least one tether support against the mandible; and fixing the at least one tether support to the mandible. The method may further comprise expanding the at least one expandable tissue anchor joined to the at least one tether. The expandable tissue anchor of the providing step may be self-expandable, may comprise a plurality of expandable elongate members, may comprise a plurality of expandable elongate piercing members, or may comprise a plurality of expandable tissue-grasping members. The fixing step may be performed before the attaching step. In some embodiments, at least a portion of the first pathway may pass through the mandible.

In another embodiment, a method for treating a patient is provided, comprising: providing a tongue element having an attachment end and an expandable tissue-anchoring end; inserting the expandable tissue-anchoring end into the tongue; and securing the attachment end of the tongue element to a body structure. The securing of the attachment end of the tongue element to the body structure may be performed with an adjustment assembly. The adjustment assembly may comprise a moving part, a non-moving part and a movement interface between the moving part and the non-moving part. The expandable tissue-anchoring end may comprise one or more tissue-grasping members. The expandable tissue-anchoring end may comprise at least two tissue-piercing members. In some embodiments, one or more tissue-grasping members may be metallic, and/or may be radially expandable elongate members. The expandable tissue-anchoring end of the providing step may comprise a wire coil, a T-tag, an expandable polymer plug, and/or a fibrous or porous expandable polymer plug. The expandable tissue-anchoring end may comprise a slotted tube having a distal end, a proximal end, and a plurality of expandable middle bands between the distal end and proximal end. The at least one tether may be secured to the distal end of the slotted tube the proximal end of the slotted tube. The slotted tube of the providing step may be self-expandable. The slotted tube may be expandable by shortening the slotted tube along its longitudinal length. The method may further comprise the step of pulling the at least one tether to expand the slotted tube.

In another embodiment, a method for treating a patient is provided, comprising: accessing a tissue anchor implanted in a tongue, the tissue anchor having a deployment configuration and a removal configuration; deforming the tissue anchor to the removal configuration; and withdrawing the tissue anchor from the tongue. The tissue anchor may further comprise a proximal tether. The method may further comprise exposing the proximal tether. Accessing the tissue anchor implanted in the tongue may comprise passing a tubular member along the proximal tether, the tubular member comprising a distal opening, a proximal opening and a lumen

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therebetween. Deforming the tissue anchor to the removal configuration may comprise collapsing the tissue anchor into the lumen of the tubular member. Withdrawing the tissue anchor from the tongue may comprise withdrawing the tubular member from the tongue. The tubular member may further comprise a longitudinal slot contiguous with the lumen of the tubular member. The longitudinal slot of the tubular member may be contiguous with the distal opening of the tubular member. The tubular member further may comprise a movable slot blocking member capable of blocking the distal portion of the longitudinal slot of the tubular member. The movable slot blocking member may be a slidable slot blocking member or a rotatable slot blocking member. The movable slot blocking member may be located within the lumen of the tubular member.

In one embodiment, a method for treating a patient is provided, comprising: providing a tongue remodeling system, the system comprising at least one tether support and at least one tongue element, the at least one tongue element having at least one tissue engaging structure joined to at least one tether having a length and a tension; accessing a region about the mandible; positioning the tissue engaging structure within a tongue; and attaching the at least one tether support to the mandible; wherein the at least one tether of the at least one tongue element may be attached to the at least one tether support, the at least one tether support comprising an adjustable tether interface. The method may further comprise: accessing the adjustable tether interface; and adjusting the length of the at least one tether between the tissue engaging structure and the adjustable tether interface. Adjusting the length of the at least one tether may comprise decreasing the tension of the at least one tether, increasing the tension of the at least one tether, or adjusting the dynamic response of the at least one tether. The at least one tether of the at least one tongue element may be releasably attached to the at least one tether support.

In another embodiment, a method for treating a patient is provided, comprising: accessing an adjustment assembly of a patient with an implanted adjustable tongue remodeling system comprising the adjustment assembly and one or more tongue elements inserted through the tongue; wherein at least one tongue element may comprise an anchor and a tether secured to the adjustment assembly at a securing point on the adjustment assembly; and adjusting one or more tongue elements by manipulating the adjustment assembly. Said adjusting may comprise altering the relative configuration of the adjustment assembly, moving the securing point of the adjustment assembly and/or altering the length of the tether between the anchor and the securing point of the adjustment assembly. Said adjusting may be performed without unsecuring the tether from the securing point of the adjustment assembly. The method may further comprise securing the adjustment assembly to a mandible. The adjustment assembly may comprise a rotational component. The rotational component may comprise a spool.

In another embodiment, a method for treating a patient is provided, comprising: providing a tongue element having an attachment end and a tissue-engaging end; inserting the tissue-engaging end into the tongue; and securing the attachment end of the tongue element to a body structure using an adjustment assembly. The tongue element may comprise a tether having a length between the tissue-engaging end and the adjustment assembly, wherein the length is adjustable by the adjustment assembly. The adjustment assembly may be a rotation assembly, a spool assembly, a helical assembly, a slide assembly, a pivot assembly, or a combination thereof. The patient's tongue may be engaged with a tissue engaging

structure attached about the first portion of the tether, or a tissue anchor that pierces through tongue tissue. Tension between the first and second portions of the tether may be adjustable while the first portion of the tether remains engaged with the patient's tongue and the second portion of the tether remains attached relative to the body structure. The body structure may be the mandible. The attachment end of the tongue element may be secured through a bone screw. The adjustment assembly may comprise a moving part, a non-moving part and a movement interface between the moving part and the non-moving part. The adjustment assembly may comprise a positionable tongue element attachment site. The adjustment assembly may comprise a locking member.

In another embodiment, a method for manipulating soft tissue is provided, comprising: accessing an adjustment structure attached to at least one tissue anchor by a connector, the at least one tissue anchor engaging the soft tissue and the adjustment structure being fixed relative to a body structure, the connector having a length between the at least one tissue anchor and the adjustment structure; and changing the length of the connector between the at least one tissue anchor and the adjustment structure by manipulating the adjustment structure without detaching the at least one tissue anchor from the adjustment structure. The tissue anchor may be at least partially located within the tongue. The adjustment structure may be fixed relative to a mandible. The tissue anchor may be at least partially located within the soft palate. The adjustment structure may be fixed relative to a hard palate.

In one embodiment, an implantable device for manipulating soft tissue is provided, comprising: at least one tissue engaging structure; an elongate member attached to the at least one tissue anchor; and a securing assembly comprising a bony attachment structure and a movable securing member, wherein the movable securing member may be adapted to be movable relative to the bony attachment structure while the elongate member may be secured to the movable securing member. The tissue engaging structure may be an anchor adapted to pierce the soft tissue. The movable securing member may be rotatable, slidable, and/or pivotable. The movable securing member may be a rotatable hub, or a spool. The bony attachment structure may be adapted for attachment to the mandible and/or for insertion into the mandible. The bony attachment structure has a cylindrical configuration and a threaded outer surface. The securing assembly further may comprise a moving interface component adapted to move the movable securing member. The bony attachment structure may comprise an internal sealable cavity and the movable securing member may comprise a fluid seal adapted to provide a sliding seal within the internal sealable cavity of the bony attachment structure. The bony attachment structure may further comprise a pierceable membrane for accessing the internal sealable cavity. The bony attachment structure may comprise a threaded cylindrical internal cavity and the movable securing member may comprise a cylinder having outer threads complementary to the threaded cylindrical internal cavity of the bony attachment structure and a rotatably attached securing interface. The bony attachment structure further may comprise a longitudinal groove and the rotatably attached securing interface may comprise a protrusion having a complementary configuration to the longitudinal groove of the bony attachment structure. The bony attachment structure may comprise an internal friction cavity and the movable securing member may comprise a friction surface configured to provide a frictional fit within the internal friction cavity of the bony attachment

ment structure. The movable securing member further may comprise a manipulation interface adapted to reversibly engage a manipulation tool. The bony attachment structure may comprise an internal tapered cavity and the movable securing member may comprise a base with at least two radially inwardly deflectable prongs adapted to engage the elongate member.

In another embodiment, an implantable device for manipulating soft tissue is provided, comprising: at least one tissue anchor; an elongate member attached to the at least one tissue anchor; and a securing assembly comprising a bony attachment structure and a rotational securing structure. The rotational securing structure may be a spool.

In another embodiment, a device for manipulating the tongue is provided, comprising a variable pitch spiral having a first portion with a first pitch and a second portion with a second pitch, the spiral comprising a biocompatible material dimensioned to fit within a tongue. The first portion may have a wide pitch and the second portion has a narrow pitch, or the first portion may have a narrow pitch and the second portion has a wide pitch.

In another embodiment, an implantable device for manipulating soft tissue is provided, comprising: at least one tissue anchor; a securing assembly comprising a bony attachment structure; an elongate member attached to the at least one tissue anchor and having a length between the at least one tissue anchor and the securing assembly; and a means for adjusting the length of the elongate member. The securing assembly may further comprise the means for adjusting the length of the elongate member.

In another embodiment, a tissue anchoring system for engaging soft tissue is provided, comprising: at least one deformable hook element, the at least one hook element comprising an elongate body having a proximal portion and a sharp distal end, wherein the at least one hook element when unrestrained curls to form an arcuate structure; and a tether attached about the proximal portion of the at least one hook element. The at least one deformable hook element may be a plurality of deformable hook elements. The plurality of deformable hook elements may be arranged circumferentially, or in a generally planar configuration. The hook elements when unrestrained may curl back toward themselves to form a loop-like structure. The tissue anchoring system may further comprise a band about the proximal portions of the hook elements. The tissue anchoring system may further comprise a proximal group of hook elements and a distal group of hook elements. The hook elements may comprise symmetrical U-shaped planar structures with sharp distal tips on each end. The tissue anchoring system may further comprise a delivery device having a lumen adapted to receive and restrain the hook elements in a generally linear configuration, wherein the hook elements when advanced out of the delivery device curl back toward themselves to engage tissue.

In another embodiment, a tissue anchoring system for engaging soft tissue is provided, comprising: at least one means for expandable curled tissue engagement; and a tether attached to the at least one means for expandable curled tissue engagement.

In another embodiment, a tissue anchoring system for engaging soft tissue is provided, comprising: a plurality of deformable hook elements spaced circumferentially about each other, each of the hook element comprising an elongate body having a proximal portion and a sharp distal end, wherein the hook elements when unrestrained curls to form an arcuate structure; and a tether attached about the proximal portion of the hook elements. The plurality of deformable hook elements may comprise at least two pairs of deformable

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hooks elements joined together about the proximal portions of their elongate bodies. The at least two pairs of deformable hook elements may be joined proximally by a band. The at least two pairs of deformable hook elements may comprise four pairs of deformable hook elements. The at least two pairs of deformable hook elements may be arranged circumferentially, or in a generally planar configuration. The generally planar configuration may be a generally planar nested configuration or a generally planar stacked configuration.

In one embodiment, a method for treating a patient is provided, comprising: providing a palate remodeling system, the system comprising at least one tether support and at least one palate element, the at least one palate element having at least one expandable tissue anchor joined to at least one tether; accessing a region about a hard palate; inserting the at least one expandable tissue anchor through a first pathway along the region about the hard palate to a soft palate; attaching the at least one tether of the at least one palate element to the at least one tether support; positioning the at least one tether support about the hard palate; and fixing the at least one tether support about the hard palate. Fixing the at least one tether support about the hard palate may comprise fixing the at least one tether support to the hard palate, or to mucosal tissue overlying the hard palate.

In another embodiment, a method for treating a patient is provided, comprising: providing a soft palate element having an attachment end and an expandable tissue-anchoring end; inserting the expandable tissue-anchoring end into the soft palate; securing the attachment end of the palate element to a body structure. The body structure may be a palatine bone, a hard palate, or a nasal turbinate.

In another embodiment, a method for treating a patient is provided, comprising: accessing a tissue anchor implanted in a soft palate, the tissue anchor having a deployment configuration and a removal configuration; deforming the tissue anchor to the removal configuration; and withdrawing the tissue anchor from the soft palate.

In still another embodiment, a method for treating a patient is provided, comprising: accessing an adjustment assembly of a patient with an implanted adjustable soft palate remodeling system comprising the adjustment assembly and one or more soft palate elements inserted into the soft palate; wherein at least one soft palate element may comprise an anchor and a tether secured to the adjustment assembly at a securing point on the adjustment assembly; and adjusting one or more soft palate elements by manipulating the adjustment assembly.

In one embodiment, disclosed is a tongue remodeling system, that includes a first body-engaging structure; a second body-engaging structure; a tether configured to be connected to the first body-engaging structure and to the second body-engaging structure; and means for adjusting a distance between the first body-engaging structure and the second body-engaging structure when the first body-engaging structure and the second body-engaging structure are engaged with the body without disengaging the tether from either of the body-engaging structures. In some embodiments, the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure includes one or more of the following: a ratchet; a friction shaft operably engaged within a bone anchor; and/or a set screw for locking the tether. In some embodiments, the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure is directly attached to the bone anchor, such as directly attached to a proximal head portion of the bone anchor. The means for adjusting a distance between the first body-engaging structure and the second body-engaging structure can also include

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one or more of the following: a clamping element configured to clamp a tether; a rotatable member operably engaged within the bore; a lead screw; a cam lock; a drawstring lock; a turnbuckle; one or more magnets; a screw and a bit-valve covering over a portion of the screw; a rotational assembly; an adjustable knot; a gripping collar; a bead clamp; a plurality of eccentricity plates; a spool with an axial titration element; a zip tie; and/or a plurality of finger elements. In some embodiments, the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure includes an element with a channel therein configured to house the tether therethrough. The channel preferably contains a friction surface configured to resist movement of the tether.

In another embodiment, disclosed is a tongue remodeling system that includes a tissue-engaging structure and a bone anchor with a proximal head portion and a threaded distal portion. The bone anchor includes an adjustment mechanism directly attached to the bone anchor. The adjustment mechanism can reside on the proximal head portion of the bone anchor.

In yet another embodiment, disclosed is a tongue remodeling system that includes a tissue-engaging structure; a bone anchor comprising a bore; a tether configured to be connected to the tissue-engaging structure and the bone anchor; and an adjustment element comprising a rotatable member configured to engage the bore within the bone anchor, the rotatable member configured to carry a portion of the tether. The rotatable member can be a screw. In some embodiments, the bore is threaded.

Also disclosed is a method of remodeling the tongue, including the steps of providing a tissue-engaging structure; inserting the tissue-engaging structure within the tongue; providing a bone anchor comprising a bore; providing an adjustment element comprising a rotatable member configured to engage the bore within the bone anchor, the rotatable member configured to carry a portion of a tether; providing a tether connected to the tissue-engaging structure and the rotatable member; inserting the bone anchor into a bone; and turning the rotatable member in a first direction to adjust a distance between the tissue-engaging structure and the bone anchor. In some embodiments, the tether is pre-attached to at least one of the tissue-engaging structure and the bone anchor. In some embodiments, the method also includes the step of turning the rotatable member in a second direction to fix the distance between the tissue-engaging structure and the bone anchor. The bone can be, for example, the mandible, or the hyoid bone. The rotatable member can be a screw in some embodiments. The bore is threaded in some embodiments.

BRIEF DESCRIPTION OF THE DRAWINGS

The structure and method of using the invention will be better understood with the following detailed description of embodiments of the invention, along with the accompanying illustrations, in which:

FIG. 1 is a schematic sagittal view of the pharynx.

FIG. 2 is a schematic elevational view of one embodiment of a tongue element.

FIGS. 3A and 3B illustrate anterior and side elevational views of one embodiment of a mandible securing assembly.

FIGS. 4A through 4D are cross sectional views through the oropharynx and mandible depicting implantation of one embodiment of the invention.

FIGS. 5A through 5C are cross sectional views through the oropharynx and mandible depicting another embodiment of

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the invention wherein the tongue elements are engaged to the lateral portions of the mandible.

FIGS. 6A and 6B are cross sectional views through the oropharynx and mandible illustrating another embodiment of the invention comprising a dual-anchor device.

FIGS. 7A through 7F are cross sectional views through the oropharynx and mandible depicting transmandibular implantation of one embodiment of the invention. FIGS. 7G through 7J are schematic cross sectional views depicting the removal of an embodiment of the invention. FIGS. 7I and 7J are detailed views of the distal anchors and removal tool in FIGS. 7G and 7H.

FIGS. 8A and 8B depict one embodiment of the invention comprising a glossoplasty device with a T-shaped tissue anchor.

FIGS. 9A and 9B depict one embodiment of the invention comprising a glossoplasty device with a spiral tissue anchor.

FIGS. 10A and 10B depict one embodiment of the invention comprising a glossoplasty device with a flat pronged tissue anchor.

FIG. 11 illustrates one embodiment of the invention comprising a glossoplasty device with a pointed prong tissue anchor.

FIG. 12 illustrates one embodiment of the invention comprising a glossoplasty device with a dual pointed prong tissue anchor.

FIG. 13 illustrates another embodiment of the invention comprising a glossoplasty device with an umbrella tissue anchor.

FIGS. 14A and 14B depict embodiments of the invention comprising a distal anchor having a foam plug and T-tag core. The foam plug fully encapsulates the T-tag in FIG. 14A and partially encapsulates the T-tag in FIG. 14B.

FIGS. 15A through 15C depict another embodiment of the invention comprising a glossoplasty device with a radially expandable slotted tissue anchor.

FIG. 16 depicts one embodiment of the invention where the proximal end of the tissue anchor comprises barbs for engaging tissue.

FIGS. 17A and 17B depict another embodiment of the invention comprising a glossoplasty device with a dual radially expandable slotted tissue anchor.

FIGS. 18A and 18B depict another embodiment the invention comprising a radially expandable tissue anchor before and after expansion.

FIG. 19 depicts still another embodiment the invention comprising a radially expandable tissue anchor.

FIG. 20 depicts still another embodiment the invention comprising a radially expandable tissue anchor with barbs.

FIGS. 21A and 21B depict another embodiment the invention comprising a radially expandable tissue anchor before and after expansion.

FIGS. 22A and 22B depict another embodiment the invention comprising a radially expandable tissue anchor before and after expansion.

FIGS. 23A and 23B depict one embodiment the invention comprising a splayed tissue anchor before and after expansion.

FIGS. 24A and 24B depict one embodiment the invention comprising a dual splayed tissue anchor before and after expansion.

FIGS. 25A through 25C illustrate one embodiment of the invention comprising an in situ formed anchor or plug.

FIGS. 26A through 26D illustrate one embodiment of the invention comprising a fillable anchor or plug.

FIG. 27 represents one embodiment of the invention comprising an elastomeric tether.

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FIG. 28 represents one embodiment of the invention comprising a wound wire.

FIG. 29 represents one embodiment of the invention comprising a spring coil.

FIG. 30 represents one embodiment of the invention comprising one-sided pneumatic tension assembly.

FIG. 31 represents another embodiment of the invention comprising two-sided pneumatic tension assembly.

FIG. 32 represents one embodiment of the invention comprising a beaded tether.

FIG. 33 represents one embodiment of the invention comprising a barbed tether.

FIG. 34 depicts one embodiment of a tether having a serial arrangement of anchors.

FIG. 35 illustrates one embodiment of a branched tether with anchors.

FIG. 36 depicts a tether having two proximal ends.

FIG. 37 is a cross sectional view of one embodiment of the invention comprising a tether loop with an enlarged section.

FIG. 38 is a cross sectional view of one embodiment of the invention comprising a tether loop with tissue anchors along the tether loop.

FIG. 39 illustrates one embodiment of the invention comprising a mandible securing assembly with a lumen.

FIGS. 40A through 40C represents one embodiment of the invention comprising a mandible securing assembly with a clipping interface.

FIGS. 41A and 41B illustrate one embodiment of the invention comprising a mandible securing assembly with a tether securing bolt.

FIGS. 42A through 42D illustrate one embodiment of the invention comprising an adjustable mandible securing assembly with a non-rotating tether interface.

FIGS. 43A through 43E illustrate another embodiment of the invention comprising a keyed tether interface.

FIGS. 44A and 44B illustrate an embodiment of an adjustable mandible securing assembly with a keyed interface usable with the keyed tether interface in FIGS. 41A through 41E.

FIGS. 45A and 45B are cross sectional views of the adjustable mandible securing assembly of FIGS. 42A and 42B before and after an adjustment.

FIGS. 46A and 46B illustrate an embodiment of an adjustable mandible securing assembly with a keyed interface.

FIGS. 47A through 47D illustrate an embodiment of an adjustable mandible securing assembly with a pierceable membrane.

FIGS. 48A and 48B illustrate an embodiment of a mandible securing assembly with a resistance plug.

FIGS. 49A through 49D illustrate an embodiment of a mandible securing assembly usable with a beaded tether.

FIGS. 50A through 50F illustrate another embodiment of a mandible securing assembly comprising an inner resistance surface and tether interface.

FIGS. 51A through 51E illustrate another embodiment of a mandible securing assembly comprising an expandable tether interface.

FIGS. 52A through 52F represent one embodiment of the invention comprising a rigid tongue splint.

FIGS. 53A and 53B represent another embodiment of the invention comprising a semi-rigid tongue splint.

FIGS. 54A and 54B represent one embodiment of the invention comprising a variable pitch tissue compression screw.

FIGS. 55A and 55B represent another embodiment of the invention comprising a tissue compression coil.

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FIG. 56 represents another embodiment of the invention comprising a barbed tissue compression coil.

FIG. 57 represents another embodiment of the invention comprising a barbed tissue compression coil positioned on an implantation needle.

FIG. 58 represents another embodiment of the invention comprising a barbed tissue compression coil positioned on a fitted groove implantation needle.

FIGS. 59A and 59B represent one embodiment of the invention for implantation of a tissue compression coil.

FIGS. 60A and 60B are perspective views of another embodiment of a distal anchor in the delivery and deployed configurations, respectively. FIGS. 60C and 60D are rear and frontal views of the distal anchor in FIG. 60B. FIG. 60E depicts a subcomponent of the distal anchor in FIGS. 60B to 60D. FIG. 60F illustrates a tether looped through the distal anchor and FIG. 60G illustrates the tether knotted to the distal anchor and the tether ends attached to a securing assembly.

FIGS. 61A and 61B are inferior and superior perspective views of another embodiment of the securing assembly, respectively. FIG. 61C is an exploded superior perspective view of the securing assembly in FIG. 61B. FIGS. 61D to 61F are inferior, superior and side elevational views of the securing assembly, respectively. FIG. 61G is a side elevational isolation view of the spool assembly. FIGS. 61H and 61I are a longitudinal cross sectional views of the securing assembly in FIG. 61F in the locked and rotation configurations, respectively. FIGS. 61J and 61K illustrate an implanted distal anchor and securing assembly before and during adjustment of the securing assembly, respectively.

FIG. 62A is a superior isometric view of one embodiment of a delivery tool system with a partial cut-away of the delivery tube of the delivery tool. FIGS. 62B and 62C are left elevational views of the delivery tool without the delivery tool housing and delivery tube in the loaded and deployed configurations, respectively. FIG. 62D is an exploded view of the actuator handle and safety lock of the delivery tool.

FIGS. 63A and 63B are perspective and exploded views, respectively, of one embodiment of a palate anchor.

FIGS. 64A to 64D are axial cross sectional views of various embodiments of a delivery tube of the delivery tool for the palate anchor in FIG. 64A.

FIG. 65 is a perspective view of a push rod for the palate anchor in FIG. 64A.

FIG. 66 is a schematic sagittal cross sectional view of the implantation of a palate anchor through the oral cavity.

FIG. 67 is a schematic sagittal cross sectional view of the implantation of a palate anchor through the nasal cavity.

FIG. 68 is a schematic sagittal cross sectional view of the soft and hard palate with a palate anchor anchored to the hard palate.

FIG. 69 is a schematic sagittal cross sectional view of the soft and hard palate with a palate anchor anchored to the mucosal tissue overlying the hard palate.

FIG. 70A is a perspective view of one embodiment of a recapture tool. FIG. 70B is an exploded view of the recapture tool in FIG. 70A. FIG. 70C is a superior exploded view of the distal end of the recapture tool. FIG. 70D is an axial cross sectional view of the recapture tool in the open position as identified in FIG. 70A. FIG. 70E is an axial cross sectional view of the recapture tool in the closed position.

FIGS. 71A to 71I are schematic views of one embodiment for recapturing an implanted anchor. FIG. 71C is a detailed view of FIG. 71B. FIG. 71E is a detailed view of FIG. 71D.

FIG. 72 illustrates another embodiment of a recapture tool with a circumferentially closed distal end.

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FIG. 73 shows an embodiment of an adjustment mechanism that includes a ratchet.

FIGS. 74A-B depict adjustment mechanisms that include a worm drive, according to some embodiments of the invention.

FIG. 75 shows an embodiment of an adjustment mechanism including a friction shaft and a pulley.

FIG. 76 illustrates an embodiment of adjustment mechanisms that include a bone anchor.

FIGS. 77A-L depict various embodiments of adjustment mechanisms that include a bone anchor.

FIG. 78 illustrates an embodiment of an adjustment mechanism with an adjustment element with a plurality of loops in series.

FIG. 79 illustrates an embodiment of an adjustment mechanism comprising a turnbuckle.

FIG. 80 depicts an embodiment of an adjustment mechanism that includes a protective housing.

FIG. 81 illustrates an embodiment of an adjustment mechanism comprising one or more magnets.

FIGS. 82A-D show various embodiments of adjustment mechanisms that need not be attached to an anatomical structure.

FIG. 83 illustrates an embodiment of an adjustment mechanism that has a looped clothesline configuration.

FIGS. 84-85 depict embodiments of adjustment mechanisms with a plurality of tissue anchors connected therebetween by a tether.

FIGS. 86A-C show various embodiments of adjustment mechanisms that need not be secured to a bony structure.

FIGS. 86D-F illustrate luminal variations of the adjustment mechanisms shown in FIGS. 86A-C.

FIGS. 87A-B illustrate various embodiments of adjustment mechanisms comprising a spool.

FIG. 87C illustrates an embodiment of an adjustment mechanism with a threaded screw locking mechanism.

FIGS. 88A-C show embodiments of adjustment mechanisms that may be engaged within tissue.

FIG. 89 depicts an embodiment of an adjustment mechanism that may be adjusted with mechanical pressure.

FIG. 90 is a vertical sectional schematic view of an adjustment mechanism comprising a cam lock, according to some embodiments of the invention.

FIGS. 91A-D depict various views of adjustment mechanisms that comprise a zip tie, according to some embodiments of the invention.

FIG. 92 shows an adjustment mechanism that comprises a beaded tether, according to some embodiments of the invention.

FIG. 93 illustrates an element of an adjustment mechanism with a lumen in which a tether line may pass therethrough, according to some embodiments of the invention.

FIGS. 94A-B illustrate embodiments of adjustment mechanisms that include a beaded tether.

FIGS. 95A-F show various embodiments of adjustment mechanisms that include a sleeve that may be part of a tissue anchor.

FIGS. 96-97 illustrate embodiments of adjustment mechanisms as part of a double-ended anchor.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENTS

A. Anatomy of the Pharynx

FIG. 1 is a sagittal view of the structures that comprise the pharyngeal airway and may be involved in obstructive sleep apnea. The pharynx is divided, from superior to inferior, into

the nasopharynx **1**, the oropharynx **2** and the hypopharynx **3**. The nasopharynx **1** is a less common source of obstruction in OSA. The nasopharynx is the portion of the pharynx above the soft palate **4**. In the nasopharynx, a deviated nasal septum **5** or enlarged nasal turbinates **6** may occasionally contribute to upper airway resistance or blockage. Only rarely, a nasal mass, such as a polyp, cyst or tumor may be a source of obstruction.

The oropharynx **2** comprises structures from the soft palate **4** to the upper border of the epiglottis **7** and includes the hard palate **8**, tongue **9**, tonsils **10**, palatoglossal arch **11**, the posterior pharyngeal wall **12** and the mandible **13**. The mandible typically has a bone thickness of about 5 mm to about 10 mm anteriorly with similar thicknesses laterally. An obstruction in the oropharynx **2** may result when the tongue **9** is displaced posteriorly during sleep as a consequence of reduced muscle activity during REM sleep. The displaced tongue **9** may push the soft palate **4** posteriorly and may seal off the nasopharynx **1** from the oropharynx **2**. The tongue **9** may also contact the posterior pharyngeal wall **12**, which causes further airway obstruction.

The hypopharynx **3** comprises the region from the upper border of the epiglottis **7** to the inferior border of the cricoid cartilage **14**. The hypopharynx **3** further comprises the hyoid bone **15**, a U-shaped, free floating bone that does not articulate with any other bone. The hyoid bone **15** is attached to surrounding structures by various muscles and connective tissues. The hyoid bone **15** lies inferior to the tongue **9** and superior to the thyroid cartilage **16**. A thyrohyoid membrane **17** and a thyrohyoid muscle **18** attaches to the inferior border of the hyoid **15** and the superior border of the thyroid cartilage **16**. The epiglottis **7** is infero-posterior to the hyoid bone **15** and attaches to the hyoid bone by a median hyoepiglottic ligament **19**. The hyoid bone attaches anteriorly to the infero-posterior aspect of the mandible **13** by the geniohyoid muscle **20**.

B. Tongue Remodeling

Embodiments of the present invention provide methods and devices for manipulating the airway. It is hypothesized that the laxity in pharyngeal structures contributes to the pathophysiology of obstructive sleep apnea, snoring, upper airway resistance and sleep disordered breathing. This laxity may be intrinsic to the oropharyngeal structures and/or may be affected by interrelationships between pharyngeal structures and other body structures. For example, in some studies, the cure rates in selected patients undergoing UPPP is as low as 5% to 10%. (Sher A E et al., "The efficacy of surgical modifications of the upper airway in adults with obstructive sleep apnea syndrome" *Sleep*, 1996 February; 19(2):156-77, herein incorporated by reference). These low cure rates may be affected by continued occlusion of the airway by structures unaffected by the surgery, such as the tongue. By biasing at least a portion of the posterior tongue or base of the tongue in at least a generally anterior and/or lateral direction, functional occlusion of the oropharynx may be prevented or reduced. Typically, this bias may be created by altering a distance or tension between a location in the tongue and an anchoring site, such as the mandible. In other instances, the bias may be created by altering the length or amount of a structure located in the tongue. In some instances, the bias provided to the tongue may only affect the mechanical characteristics tongue during tongue movement or in specific positions or situations. Thus, the dynamic response of the tongue tissue to mechanical forces or conditions may or may not occur with static changes, although static changes typically will affect the

dynamic response of the tongue tissue. The embodiments of the invention described herein, however, are not limited to this hypothesis.

Although surgical and non-surgical techniques for biasing the tongue anteriorly are currently available, these techniques suffer from several limitations. For example, the Repose® system (InfluENT® Medical, New Hampshire) utilizes a bone screw attached to the lingual cortex of the mandible and a proline suture looped through the posterior tongue and bone screw, where the suture ends are tied together at some point along the suture loop to prevent posterior tongue displacement. In one study of 43 patients, four patients developed infections of the floor of the mouth and required antibiotics. One patient developed dehydration caused by painful swallowing, requiring intravenous fluids, and another patient developed delayed GI bleeding requiring hospitalization. (Woodson B T, "A tongue suspension suture for obstructive sleep apnea and snorers", *Otolaryngol Head Neck Surg.* 2001 March; 124(3):297-303). In another study of 19 patients undergoing combined UPPP and Repose® implantation, two patients developed submandibular infection requiring antibiotics, and one patient developed a hematoma in the floor of the mouth requiring drainage. In addition, one patient extruded the suture four weeks after implantation and another patient developed a persistent lump/globus sensation at the base of the tongue requiring removal of the Repose® system. (Miller F R et al., "Role of the tongue base suspension suture with The Repose® System bone screw in the multilevel surgical management of obstructive sleep apnea", *Otolaryngol Head Neck Surg.* 2002 April; 126(4):392-8).

By developing a tongue remodeling system that can be adjusted before, during and/or after the initial implantation procedure, a device and method for treating a patient with breathing problems may be better tolerated and less prone to treatment failure. For example, by adjusting the tension or bias of the implant, suture migration, suture extrusion, and/or dysphagia may be avoided or corrected. In another embodiment of the invention, the tongue remodeling system alters the structural characteristics of the tongue with an anterior or lateral bias force rather than a fixed length anchoring of the tongue to a body structure. This bias may reduce dysphagia or odynophagia associated with existing tongue suspension devices and procedures. In other embodiments, the tongue may be remodeled by altering the tissue compliance of at least a portion of the tongue. By inserting a prosthesis into the tongue tissue, tongue tissue compliance is changed and may alter the tongue response to forces acting during obstructive sleep apnea. The change in compliance may or may not be associated with a change in the position of the tongue. In some instances, embodiments of the tongue remodeling system can be implanted through an antero-inferior access site of the mandible. Implantation of the system that avoids the transoral route may improve infection rates that occur with other tongue related devices and procedures.

C. Tissue Anchor

In one embodiment, depicted in FIGS. **2**, **3A** and **3B**, the invention comprises a tongue remodeling system having one or more tongue elements **22** and at least one securing assembly **24**. As depicted in FIG. **2**, at least one tongue element **22** comprises a distal tissue anchor **26** attached to a proximal tether **28**. The distal anchor **26** typically is a soft tissue anchor adapted for implantation within the tongue **9**. The soft tissue anchor **26** may comprise any of a variety of structures capable of engaging the surrounding tissue. These structures may have pointed, sharp or blunt tissue engagement structures **30**. In some instances, the distal anchor **26** has a first reduced diameter configuration for delivery into the tongue tissue and

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a second expanded diameter configuration for engaging the surrounding tissue. In other embodiments, the distal anchor 26 has a fixed configuration.

The securing assembly 24 is configured to provide a stable position about the mandible 13 or other structure adjacent to the mandible 13 and comprises one or more securing interfaces 32 to which one or more proximal tethers 28 may be secured. In some embodiments, the securing assembly 24 may comprise a bone anchor or bone screw, a clip, or a staple for attaching the proximal tether 28 to the bone. In other embodiments, as illustrated in FIGS. 3A and 3B, the securing interface 32 may provide a friction fit or mechanical interfit with the proximal tether 28 that may be reversed or altered without disengaging or loosening the securing assembly 24 from the bone. The securing assembly in turn is attached to the bone using bone screws or anchors 34. In some embodiments, the friction fit or mechanical interfit is adjustable in one direction. In other embodiments, the friction fit or mechanical interfit is capable of bidirectional adjustment. In some embodiments, the proximal tether 28 and the securing assembly 24 may be integrated together. Various embodiments of the securing assembly 24 are described in further detail below. Preferably, the remodeling system comprises one securing assembly 24 and one to three tongue elements 22, but one skilled in the art may select other combinations of securing assemblies and tongue elements, depending upon the patient's anatomy and the desired result.

By implanting one or more tongue elements 22 within the tongue 9, creating tension in the proximal tethers 28, and attaching the proximal tethers 28 to a securing assembly 24 located peripherally to the distal anchors 26, a directional bias may be created in the tongue 9 to resist posterior displacement. There need not be continuous tension present in the proximal tethers 28. In some embodiments, tension is generated in one or more proximal tethers 28 only when the tongue 9 has been displaced a particular distance and/or a range of directions. The peripheral site of the securing assembly is typically located about an anterior portion of the mandible 13 and may involve the external, internal or inferior surface of the mandible 13 or a combination of these surfaces. In some embodiments, a lateral or anterolateral location about the mandible 13 may be used.

FIGS. 4A to 4D depict one embodiment of the invention where the tongue elements 22 are inserted into the tongue 9 through an insertion site inferior to the mandible 13, preferably but not always about the anterior portion of the mandible 13. In other embodiments, the implantation pathway may originate from a location anterior or lateral to the mandible 13, and in still other embodiments, may also pass through the mandible 13. The tongue elements 22 may be implanted percutaneously into the tongue 9 using a hypodermic needle 36 or other piercing delivery tool known in the art. In some instances, the distal anchors 26 of the tongue elements are positioned about the base of the tongue, which is the portion of the tongue posterior to the circumvallate papillae (not shown), but other locations within the tongue 9, such as the anterior portion 39, may also be used. For example, the distal anchors 26 may also be positioned in the dorsal region 38 of the tongue 9. This position may have a better effect on resisting posterior tongue displacement against the pharyngopalatine arch. Once positioned, the distal anchor 26 is released from the delivery tool 36. As shown in FIG. 4C, additional anchors 26 may be deployed, if desired. The delivery tool 36 is then withdrawn, leaving the proximal tether 40 trailing from the distal anchor 26 and accessible by the physician. A securing assembly 24 may be attached to the mandible 13 using minimally invasive techniques and the proximal tethers

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40 of the tongue elements 22 are adjusted to an initial tension and secured to the securing structures 32 on the securing assembly 24. In some embodiments, the initial tension is zero but increases with changes in tongue position. In some embodiments, the securing assembly 24 is preferably secured to the inferior or inner surface of the mandible 13 to reduce visibility of the securing assembly beneath the skin 42. The securing assembly 24 may be adapted to penetrate and attach to the mandible 13, as depicted in FIG. 4D, or attach to the mandible surface with the use of an adhesive or tissue welding. In some embodiments, the securing structures may also be adjusted through an adjustment interface, described below, to further alter the tension in the proximal tether.

FIGS. 5A through 5C are inferior schematic views of an embodiment of the invention where the tongue elements 22 have been inserted into the posterior tongue bilaterally and attached to securing assemblies 42 located on the inferior surface of the bilateral mandible 13. Continuous or intermittent tension created within the tongue elements 22 causes remodeling of the posterior tongue not only in an anterior direction but also a lateral direction. This may be advantageous by increasing tissue tension in the posterior tongue with less limitation of tongue movement in the antero-posterior direction.

FIGS. 6A and 6B depict another embodiment of the invention comprising a tongue element 44 having a distal tissue anchor 46 and a proximal tissue anchor 48 joined by a tether 50. This device can be inserted into the tongue tissue using a single cutaneous delivery device 52 and access point without accessing or inserting into the mandible or other bone. To implant a dual-ended tongue element 44, the needle or delivery tool 52 is inserted percutaneously into the tongue 9 to a desired distal location and in a direction along the desired tension pathway. The distal anchor 46 is released from the delivery tool 52 into the tongue tissue. The delivery tool 52 is withdrawn, gradually exposing the tether 50. By applying proximal force to the delivery tool 52, tension may be formed within the tether 50. In some embodiments, the release mechanism for the proximal tissue anchor 48 further comprises a force measurement component that may assist the physician in determining the appropriate release position for the proximal tissue anchor 48. The measurement component may comprise a calibrated spring or a piezoelectric crystal with an analog or digital readout. When the desired tension and/or location for the proximal tissue anchor 48 are reached, the proximal tissue anchor 48 may be released from the delivery tool by withdrawal of an outer sheath on the delivery tool 52 to expose the proximal tissue anchor 48, or by release of an engagement structure, such as a suture or deflection of one or more biased prongs, that are engaged to the proximal tissue anchor 48. The tether tension allows the distal and proximal tissue anchors 46, 48 to come closer together, thereby compressing the tongue tissue between the anchors 46, 48 and altering the tongue configuration. In other embodiments, the dual-ended tongue element 44 is implanted within the tongue 9 and creates intermittent rather than continuous tissue compression, depending on tongue position.

FIGS. 7A through 7F depict another embodiment of the invention, where the implantation pathway passes through the mandible 13 to access the tongue 9. A pathway or conduit through the mandible 13 or other bone may be created using a bone drill 54 or other device known in the art. As illustrated in FIGS. 7A and 7B, in some instances, the inferior skin 56 of the lower jaw is drawn toward the anterior chin prior to accessing the anterior mandible 13. Displacing the skin anteriorly provides access through skin that normally faces inferiorly, thereby hiding the skin access site 59 at the inferior

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surface of the mandible 13 once the procedure is complete. Referring to FIGS. 7C and 7D, once a pathway is created through the mandible 13, the delivery tool 36 may be used to insert one or more tongue elements 22 into the tongue 9. A sheath or retractors may be inserted through the skin and bone conduit to maintain access and/or exposure to the bone during the procedure. In one embodiment, a delivery tool 36 with a tongue element 22 is inserted generally through the mandible 13 to a desired location in the tongue 9, deployed and released from the delivery tool 36. Deployment of the distal anchor 26 may also include expansion of the distal anchor 26, if needed. In FIG. 7E, the delivery tool 36 is then withdrawn, leaving the proximal tether 40 trailing from the distal anchor 26 and accessible by the surgeon. Additional anchors 26 may be deployed, if desired. In some embodiments, an intra-mandible securing assembly 60, shown in FIG. 7F, may be attached or partially attached to the bone before, during and/or after the implantation of the tongue elements 22. In one embodiment, the proximal tethers 40 are attached to a securing assembly 60 and the tension of the proximal tether 40 is adjusted as needed and secured to the securing assembly 60. In some embodiments, the securing assembly 60 may be engaged to the mandible surface or conduit surface. In other embodiments, the tension of the tongue element(s) 22 alone is sufficient to keep the securing assembly against the mandible 13. In some embodiment, a portion of the securing assembly may be inserted prior to implantation of the tongue elements 22. In FIG. 7C, for example, a conduit portion 61 of the securing assembly 60 is inserted through the mandible 13 prior to use of the delivery tool 36.

In addition to securing the proximal tethers 40 of the tongue elements 22 to the anterior portion of the mandible 13, other securing sites are also envisioned, including the lateral portions of the mandible 13, the hyoid bone 15, the occiput, the thyroid cartilage 16, the tracheal rings and any other structure about the head or neck.

The embodiments of the invention described above may be combined with other treatments for OSA, sleep disordered breathing, upper airway resistance syndrome and snoring. These other treatments may also include external devices such as CPAP, medications such as modafinil, other surgical procedures, as well as other treatments of the tongue, including various forms of tongue debulking using RF ablation such as Coblation® by ArthroCare® ENT.

1. Distal Anchor

The distal anchor may have any of a variety of shapes adapted for implantation within the tongue 9 and to resist migration, typically comprising one or more tissue engaging structures 30. Expandable anchors may include expandable slotted tubes, fibrous or porous polymer plugs or structures, coilable wires, expandable barb structures or any other deformable or expandable structure or combinations thereof. In other embodiments, the distal anchor 26 has a fixed configuration but is adapted to facilitate its insertion in one direction through the tongue 9 or other soft tissue and to resist migration or displacement in at least the opposite direction. Distal anchors 26 with a fixed configuration may have barbs, angled pins, hooks or other angled or ramped structures capable of engaging surrounding tissue. The distal anchors may also be self-expandable or may require the application of force to expand in size or surface area. For instance, in some embodiments of the invention, the distal anchor may have one or more deformable tissue engagement structures that self-expand upon release of the distal anchor from the delivery tool to engage the surrounding tissue. In other embodiments,

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the distal anchor may engage or expand into the surrounding tongue tissue upon the application of tension to the proximal tether of the tongue element.

In some embodiments, the distal anchor has a first configuration with a reduced cross-sectional profile to facilitate implantation of the distal anchor within the tongue, and a second configuration with an expanded cross-sectional profile to engage the surrounding tissue and/or resist migration of the anchor within or out of the tongue. In further embodiments of the invention, the distal anchor may have a third configuration to facilitate removal of the distal anchor from the tongue. The third configuration may result from deformation of the distal anchor to facilitate disengagement from the surrounding tongue tissue and/or to reduce the cross-sectional profile. Deformation of the distal anchor may occur at one or more pre-engineered failure points or deformation points on the distal anchor. One skilled in the art can design a failure point to deform with a force greater than the upper limit of forces generally acting on the distal anchor in its intended use.

FIGS. 7G through 7J depict the removal of an anchor previously inserted in FIGS. 7A through 7F. In FIG. 7G, the proximal tether 40 is disengaged from the securing assembly 60 and a removal tool 62 is passed along the proximal tether 40 to the distal anchor 26. In FIG. 7H, the distal anchor 26 is deformed such that the distal anchor 26 has a reduced cross sectional profile and/or disengages the surrounding tongue tissue. The deformation may occur by stabilizing or pulling on the proximal tether and distal anchor while pushing and/or stabilizing the removal tool against the distal anchor. FIG. 7I depicts a cross sectional expanded view of the distal anchor 26 and removal tool 62 from FIG. 7G as the removal tool 62 abuts the distal anchor 26. FIG. 7J depicts the distal anchor and removal tool from FIG. 7I following deformation of the distal anchor. After deformation, the removal tool 62 may be withdrawn from the tongue separately from the distal anchor 26 or together with the distal anchor 26. In some embodiments, the removal tool 62 surrounds the distal anchor 26 to reduce the risk of breakage or snagging of the distal anchor 26 during withdrawal from the tongue. The removal tool may include any of a variety of structures capable of exerting sufficient force against the distal anchor 26 to cause deformation. In some instances, the removal tool 62 may be a catheter or large gauge needle. Preferably, the removal tool 62 is further adapted to slide or interface with the proximal tether 40 of the distal anchor to guide the removal tool 62 to the distal anchor 26. The adaptation may include a groove, channel or a lumen that can be placed about the proximal tether 40.

In some embodiments of the invention, the distal anchor may resist migration by having an enlarged surface area that creates a frictional or mechanical interface with the surrounding tissue, but is not limited to this sole mechanism to resist migration. Examples of such distal anchors include a T-shaped anchor 64 depicted in FIGS. 8A and 8B, a coil-shaped anchor 66 in FIGS. 9A and 9B, and the flat-ended prong anchor 68 illustrated in FIGS. 10A and 10B. Tissue anchors having an enlarged surface area may be advantageous by reducing or avoiding tissue laceration that may be associated with piercing-type anchors. In other embodiments of the invention, the distal anchor comprises one or more coils that are drawn taut during the implantation procedure and resume a coiled configuration upon release of tension on the wire coil. In embodiments of the distal anchor comprising multiple coils, the coils lengths may be distinct or intertwined with other coils of the same or different anchor. The ends of each coil may be attached to the same or different point on the tether or coils of the tether. However, a piercing anchor 70

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with hooks or barbs 72, as shown in FIG. 11, may also be used. The piercing structures need not be arranged on the distal anchor about the same circumference. FIG. 12 illustrates another embodiment of the invention where the piercing structures 72 are located at two separate circumferences of the distal anchor 70, but in other embodiments, the piercing structures may be staggered anywhere along the length of the distal anchor.

In some embodiments of the invention, the distal anchor 74 may further comprise one or more polymeric sheets 76 between or engaged to the tissue engagement structures 78 of the distal anchor 74. In one example depicted in FIG. 13, the polymeric sheets 76 may be attached to the tissue engagement structures 78 generally about one end of the distal anchor 74, thereby forming an umbrella-like structure upon expansion that provides an increased surface area for resisting the migration of the distal anchor 74. In other embodiments, the polymeric sheets may span from one end of the distal anchor to the other end, thereby forming a generally enclosed shape.

Referring to FIGS. 14A and 14B, in one embodiment of the invention, at least a portion of the distal anchor 80 may comprise a plug structure 82. The term plug is used to describe any of a variety of space-occupying structures, including lattice, reticular, fibrous or porous plugs, discs or other structures. The plug 82 may comprise a polymer, a metal, a ceramic or combination thereof. The polymer may optionally be a resorbable polymer. The plugs may be expandable or non-expandable. Expandable plugs may be self-expandable through the use of a shape memory material, a compressible material such as a foam, or an absorptive material that may expand in the presence of liquid. The plugs may or may not be filled or saturated with one or more therapeutic agents that may alter tissue ingrowth, scarring or other physiological effect, either systemically or locally about the tongue 9. These agents may include but are not limited to an antibiotic, a sclerosing agent, an anti-proliferative agent, growth factors, hormones and other therapeutic agents known in the art. The plug structure 82 may also be combined with other distal anchor designs discussed herein. FIGS. 14A and 14B represent embodiments of a distal anchor 80 comprising an expandable foam plug 82 with a T-tag core 84. The T-tag 84 may be fully encapsulated by the foam 82 as shown in FIG. 14A, or some portions 86 of the T-tag 88 may protrude from the foam plug 82, as shown in FIG. 14B.

Other distal anchor designs that may be used are shown in FIGS. 15A through 22B. FIGS. 15A and 15B depict one embodiment of the invention comprising a tubular distal anchor 90 having a proximal end 92, a distal end 94 and at least one deformable zone 96 between the proximal end 92 and the distal end 94. The deformable zone 96 is configured to deform radially outward and may comprise any of a variety of deformable structures, including but not limited to struts 98, prongs, lattice, reticular, coiled or spiral structures. The deformation may occur as a result of elastic deformation of the distal anchor 90, shape memory effects, or particular mechanical effects of the distal anchor configuration in response to applied force. In some embodiments, when the distal end 94 and/or proximal end 92 of the distal anchor 90 are pushed or pulled closer together, the deformable zone 96 bends in a radially outward direction. In one embodiment, the tether 28 is located through a lumen in the proximal end 92 of the distal anchor 90 and the deformable zone 96 and attaches to the distal end 94 of the distal anchor 90. Referring to FIG. 15B, by pulling on the tether 28, the tether 28 moves in a proximal direction and brings the distal end 94 of the distal anchor 90 closer to the proximal end 92, causing radial expansion of the deformable zone 96. In one embodiment, shown in

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FIG. 15C, the position of the proximal end 92 is maintained during the expansion of the deformation zone 96, by abutting a portion of the delivery tool 36 against the proximal end 92 of the distal anchor 90 to provide leverage and to resist proximal displacement during the expansion process. The delivery tool 36 may comprise a sheath 102 for retaining the proximal end 92 of the distal anchor 90 during expansion to prevent angular displacement of the anchor 90 as force is applied through the tether 28. In other embodiments, sufficient resistance is provided by the contact between the proximal end 92 of the distal anchor 90 and the tongue tissue to limit displacement of the proximal end 92 with tension of the tether 28 and thereby allow deformable zone expansion. Referring to FIG. 16, resistance between the proximal end 92 of the anchor 90 and the tongue tissue may be enhanced by tissue engagement members 104 on the proximal end, such as small hooks, barbs, or any of a variety of ramped surfaces inclined radially outwardly from a distal to proximal direction.

One skilled in the art can configure the deformable zone to provide any of a variety of desired expanded anchor shapes. In addition to a plurality of longitudinally oriented circumferentially spaced slots 106 depicted in FIGS. 15A and 15B, the slots 106 may also be arranged serially along the longitudinal axis of the distal anchor 108, as depicted in FIGS. 17A and 17B, to create two or more deformable zones 110, 112. Each deformable zone 110, 112 need not have the same deformation characteristics. The first deformable zone, for example, may be configured for a larger expanded diameter compared to the second deformable zone.

Referring to FIG. 18A, in another embodiment, the deformable zone 114 comprises angled circumferential slots 116, which, when expanded as shown in FIG. 18B, result in a spirally oriented deformation zone 118. FIG. 19 illustrates a spirally oriented deformable zone 120 of an anchor 124 configured to maintain the position of the one end of the anchor 124 while rotating the other end of the anchor. In one embodiment, the proximal end 126 of the distal anchor 124 is held in position by a delivery tool or catheter while the distal end 128 of the distal anchor 124 is pulled and rotated proximally. In some instances, the tether 28 has sufficient stiffness such that rotation of a tether 28 joined to the distal end 128 of the anchor 124 is sufficient to cause twisting of the anchor 124. In other instances, the tether 28 attached to the distal anchor 124 may lack sufficient stiffness to transmit sufficient torque to the distal anchor 124. To facilitate torque transmission to the distal anchor 124, a stiff inner core of the delivery tool may extend into the distal anchor to form a mechanical interfit with the distal end 128 of the anchor 124 and that is adopted to rotate and deploy the anchor 124 with rotation in one direction of the delivery tool and disengage from the anchor 124 when rotated in the other direction. After expansion, the inner core may be disengaged from the distal anchor 124 and withdrawn.

One or more surfaces of an anchor may also be further configured with protrusions, indentations or one or more porous layers to further engage the surrounding tissue. FIG. 20 is a further embodiment of the invention comprising teeth or pointed members 130 protruding from the struts 98 of the distal anchor 90 that may further enhance the tissue engagement characteristics of the distal anchor 90. In another embodiment, one or more surfaces of a strut 98 may be polished by methods known in the art. In still another embodiment, portions of the distal anchor 90 may comprise a drug-eluting surface. Preferably, the drug-eluting anchor may be used to release agents that alter the tissue and scar formation about the anchor. In some embodiments, fibrous tissue growth is encouraged to reduce the friability of the tissue

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surrounding the anchor. In other embodiments, anti-proliferative agents such as rapamycin or corticosteroids may be used to limit tissue growth. Other therapeutic agents may also be used, including antimicrobials, clot inhibitors, sclerosants, growth factors, hormones and other therapeutic agents known in the art. More than one therapeutic agent may be eluted from the drug-eluting surface, if desired. As mentioned previously, the distal anchor may also be covered with a bioabsorbable coating. The bioabsorbable coating may result in inflammation and/or fibrous tissue formation about the distal anchor. The fibrous tissue formation may also alter the tension or compliance characteristics of the tongue element or surrounding tongue tissue, and may be beneficial in reducing the risk of anchor extrusion or migration.

Although a distal anchor having a circular cross-sectional shape may be used in some embodiments of the invention, other cross-sectional shapes of distal anchors may also be used, including, triangular, rectangular, oval, polygonal or any other shape. The distal anchor need not have the same cross-sectional shape or size along its length. FIG. 21A depicts one embodiment of the distal anchor 132 comprising a square cross-sectional shape with slots 134 between each surface 136 of the anchor 132. When expanded, the anchor forms an X-shaped anchor as shown in FIG. 21B. The slots, however, may be positioned in a variety of configurations on the anchor as desired to achieve a particular expanded shape. In other embodiments, slots may be located within a surface 136 of the anchor 132, in addition to or in lieu of slots between the surfaces 136.

The shape of the slot and/or strut of the deformable zone need not be constant along the length of the slot or strut, or between the slots and/or struts of the same anchor. The struts may also be configured to control the shape of the deformation by varying the strut dimensions along the length of the strut. In some embodiments, indentations or creases in the struts may be used to cause an angular deformation of the strut with expansion. In other embodiments, the struts may deform in a curved or looped fashion. For example, variations in the cross-sectional shape, thickness and width of the struts may be used to provide a distal anchor that deforms asymmetrically in at least one dimension. This may be advantageous for resisting migration of the anchor in a particular direction. In FIGS. 22A and 22B, for example, struts 138 of the deformable zone 140 expands with a proximal bias because of proximal regions 142 of narrower widths, which may be beneficial in resisting migration from the proximal tension exerted through the tether 28.

In some embodiments of the invention, the deformable zone may comprise at least one prong with one end that is not joined to either the distal end or proximal end of the tube segment. When the distal end and proximal end of the tube segment is brought closer together, the free end of the prong is able to splay outward and engage the tongue tissue. The strut may or may not have an intrinsic outward bias. FIGS. 23A and 23B depict one embodiment of the invention comprising prongs 144 attached to the distal end 146 of the anchor 148. When proximal tension is placed upon the tether 28, the prongs 144 contact and slide away from the proximal end 150 of the anchor 146, thereby splaying in a radially outward direction to engage the tongue tissue. In other embodiments, the anchor 152 comprises an alternating or other arrangement of multi-directional prongs 154, 156. In FIGS. 24A and 24B, alternating distal end and proximal end prongs 154, 156 are provided to engage the surrounding tissue from multiple directions. Although the prongs depicted in FIGS. 23A through 24B are flat prongs 144, 154, 156, the prongs may have any of a variety of cross-sectional shapes, including

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triangles, circles, square or any of a variety of other shapes. The end of each prong may be also configured with additional structures to modify the tissue engagement characteristics of the anchor. In some embodiments, the prong ends may be configured with spheres or other smooth surfaces to reduce the risk of tissue laceration from chronic tension exerted by the tether. In other embodiments, the prong ends are configured with barbs or hooks to further enhance tissue engagement. One skilled in the art can configure or select the prongs with the desired features for a given patient's anatomy and pathophysiology.

In another embodiment of the invention, the distal anchor 500 comprises at least one deformable hook element, and preferably a plurality of deformable hook elements 502, 504. The plurality of hook elements 502, 504 may be spaced circumferentially and/or longitudinally on the distal anchor 500 in any of a variety of configurations, at regular or irregular positions. The hook elements 502, 504 may be arranged individually about the distal anchor or placed in one or more groups about the distal anchor 500. A tether is typically attached to the distal anchor 500 about its proximal end 521. In the specific embodiment illustrated in FIGS. 60A to 60D, the distal anchor 500 comprises a proximal group 506 of four hook elements 502 and a distal group 508 of four hooks 504. The hook elements 502, 504 within each group 506, 508 are spaced about 90 degrees apart and the proximal group 506 is offset from the distal group 508 by about forty-five degrees. In other embodiments, one or more of the angles between the hook elements 502, 504 and/or hook groups 506, 508 may be different. For example, the hook elements may be spaced such that the distal anchor has a left/right symmetry but a smaller vertical profile than horizontal profile when fully deployed into tissue. In still other embodiments, the hook elements may or may not have a left/right symmetry, and/or may have similar or dissimilar sizes, shapes and/or lengths. The hook elements 502, 504 may be provided with sharp or tapered distal ends 510, 512 as depicted in FIGS. 60A to 60E, but in other embodiments, the ends may have blunt or have other configurations. Each end of the hook element need not have the same configuration. The distal anchor 500 illustrated in FIGS. 60A to 60D may also be combined with other features and structures described herein, including but not limited to biocompatible or biodegradable coatings.

The distal anchor 500 in FIGS. 60A to 60D comprise groups 506, 508 of symmetrical U-shaped planar structures 514 with one hook element on each end, as depicted in FIG. 60E, and restrained by a band 516 and an inner core 518 about their proximal ends 520, 522, as depicted in FIGS. 60C and 60D. One of skill in the art can produce any of a variety of expandable hook structures for deployment in the tongue without undue experimentation and will understand that the embodiments of the invention are not limited to the arrangements of U-shaped symmetrical hook element structures. For example, in other embodiments, the distal anchor may have a unibody construction, or may comprise a plurality of non-symmetrical and/or multi-planar components. In one specific embodiment, the plurality of piercing or grasping elongate members may be provided using one or more X- or asterisk-like structure formed into a multi-planar structure. Each group may be formed from the same or a different X or asterisk-like structure.

As shown in FIG. 60A, the distal anchor 500 may comprise a low-profile delivery configuration to facilitate minimally invasive implantation of the distal anchor 500 and, as shown in FIG. 60B, an expanded deployment configuration to engage the surrounding soft tissue. In the low-profile delivery configuration, each hook element 502, 504 generally has a

straighter configuration to facilitate insertion of the distal anchor **500** into the soft tissue using a delivery device. The delivery device may be configured to restrain the hook elements in the straighter low-profile configuration until the distal anchor is deployed. As illustrated in FIG. **62A**, one embodiment of the delivery device **700** for deploying a distal anchor comprises a tubular body **702** with a pushrod **704**, spring structure or other structure for displacing a distal anchor out of the distal opening **706** of the tubular body **702**. In other embodiments, the tubular structure may be retracted or withdrawn relative to the pushrod. One embodiment of a delivery device is discussed in greater detail below.

As each hook element is exposed relative to the distal opening **706** of the tubular body **702**, the distal tip of each hook element is no longer restrained and can revert back to its deployment configuration to engage the surrounding tissue. In the embodiment depicted in FIG. **60B**, the distal ends **510**, **512** of the hook elements **502**, **504** are configured to curl back onto themselves to form a loop-like structure **524**. In other embodiments, the hook elements may curl to a greater or lesser extent, have a tighter or looser curl, and/or may have a more angular configuration when deployed. In some embodiments, due to the expansion bias of the hook elements **502**, **504** in the deployment configuration, as the distal ends **510**, **512** of the hook elements **502**, **504** are partially exposed from the delivery tool, the expansion of the hook elements **502**, **504** may cause the proximal portions **520**, **522** of the distal anchor **500** to be quickly pulled out of the delivery tool unless restrained or controlled in some manner. In some instances, the rapid expansion of the hook elements **502**, **504** out of the delivery tool may facilitate its engagement of the surrounding tongue tissue by virtue of the rate with which the hook elements pierces or grabs the surrounding soft tissue. With a slower deployment speed, the soft tissue may get pushed away or displaced from the curling hook elements **502**, **504**, rather than being engaged, captured, pierced or grasped. Additional features on the hook elements, including but not limited to tissue ingrowth surfaces or barbs, may be used to enhance engagement of the tissue anchor to the surrounding tissue in some instances when a slower delivery speed is desirable but provides inadequate tissue engagement. Preferably, the deformable or expandable piercing or grasping members of the distal anchor comprise a metal such as Nitinol or superelastic Nitinol, but other materials may also be used and are described in greater detail below.

Although the distal anchor structure shown in FIGS. **60A** to **60D** and in other figures are described in the context of tongue manipulation, such structures may be applicable to a variety of other tissue structures, anatomical locations and treatments. Other tissue structures may include bone, fat, ligament, tendon, liver, striated and smooth muscle. Other anatomical locations may include the nasopharynx, soft palate, hard palate, pharyngeal wall, GI tract, bronchial tree, biliary tree, and genitourinary tract.

Referring to FIGS. **25A** through **25C**, in another embodiment of the invention, the anchor or plug **157** may be at least partially formed in situ within the tongue **9**. As shown in FIG. **25C**, an injectable material **159** may be formulated to set in situ, to form the anchor **157** or plug, possessing the desired shape, position and mechanical properties to engage or resist migration from the surrounding tongue **9** or other soft tissue. A tether **28** may be positioned at the site of formation before, during or after the injection of the material **159**. The portion of the tether embedded in the anchor or plug **157** may be configured to resist separation from the material **159**, typically by one or more transverse elements, but one skilled in the art will

understand that any of a variety of protrusions or other three-dimensional structures may be used.

The anchor **157** may comprise an injectable material **159** having one or more biocompatible liquid components, or one or more solid biocompatible components carried in one or more liquid biocompatible components. As depicted in FIG. **25B**, the material **159** may be injected as a liquid or slurry into the tongue **9** or other soft tissue region by a syringe or other delivery tool **161**. Upon mixing, the components cross-link, polymerize, or otherwise chemically react to create the in situ biocompatible, non-liquid, static mechanical anchor **157** or plug, as shown in FIG. **25C**. In one embodiment, the delivery tool **161** has at least two injection lumens for delivering the components separately to the target site to prevent premature reaction of the components within the delivery tool **161** or elsewhere.

Referring to FIG. **25A**, in some embodiments, prior to injection of the material **159**, the targeted tissue region may be dilated by use of a trocar, balloon catheter or other expandable structure, to open a tissue space **163** in the tongue **9** to receive the injectable material **159**. During dilation, the tissue space **163** may be deliberately sized and shaped, so that the resulting material **159** injected into the tissue space **163** will possess the size, shape, and physical characteristics to resist migration within the surrounding soft tissue.

The biocompatible liquid component may comprise, e.g., an Elastin™ media. Alternatively, the liquid component may comprise an oil or low viscosity liquid that is biocompatible to impart the desired features and/or shape to the anchor **157**. The solid component may be a polyvinyl acetate (PVA) or foam that is appropriately sealed to provide biocompatibility. Other materials such as silicone rubber, elastomeric polymers and polytetrafluoroethylene (Teflon® Material, from DuPont) may also be selected. Alternatively, a powder, small spheres, microtubules or shavings of solid material can be mixed with a slurry or liquid.

Referring to FIGS. **26A** and **26B**, alternatively, the injectable material **159** may be injected into a fillable structure **165** that is itself implanted in a targeted tissue region. The fillable structure is preferably pre-shaped, expandable to assume the desired inflated shape, position, and mechanical properties. A tether **28** may or may not be integrated with the fillable structure **165**.

As illustrated in FIGS. **26C** and **26D**, once suitably implanted, the fillable structure **165** is inflated by infusion of the injectable material **159**, which is dispensed from a syringe or other delivery tool **161**. In one embodiment, the injectable material **159** may be formulated to set in situ within the fillable structure **165**, the fillable structure **165** and its contents serving as an anchor **157** or plug, possessing the shape, position and mechanical properties to resist migration. It should be appreciated that, when an expandable fillable structure **165** is used to house the injectable material **159**, a fluid (e.g. saline) or slurry that does not set or cure in situ may be also used to form an anchor **157** or plug. Furthermore, the injectable material **159** may be formulated to be injected as a gel that need not set or cure to perform its desired function.

The fillable structure **165** may comprise a bioresorbable material, such as polyglycolic acid, a polymer used for resorbable sutures and other devices within the body. In this arrangement, once expandable fillable structure **165** is resorbed, only the core of injectable material **159** will remain to serve as the anchor or plug. The fillable structure **165** may also have one or more porous regions. Each porous region may be full thickness or partial thickness porous regions. One or more full thickness porous regions may allow escape of trapped air, if any, during the injection procedure. Depending

on the pore size, the full thickness porous regions may also allow partial extrusion of one or more components of the injectable material **159** from the fillable structure **165** to interface with the surrounding tissue.

One or more partial thickness porous regions on the outer surface of the fillable structure **165** may allow tissue ingrowth into the fillable structure **165** or increase the frictional resistance between the fillable structure **165** and the surrounding tissue to further resist migration. One or more porous regions may also be provided on the inner surface of the fillable structure **165** to allow the injectable material **159** to form an interlocking configuration with fillable structure **165** which can resist separation or movement at the interface between the fillable structure **165** and the core formed in situ by the injectable material.

In one embodiment of the invention, the anchor is integral with a tether and comprises a tubular elastic member wherein one or more regions of the elastic member are configured to expand and occupy a larger space when the tubular elastic member is filled or pressurized with the injectable material. In one embodiment the anchor portion of the tubular elastic member comprises a thin walled region configured to expand to a greater size than other portion of the tubular elastic member.

2. Tether

In some embodiments of the invention, the tethers of the tongue elements comprise sutures or wires that are well known in the art. Such materials are generally inelastic and may be useful to fix the distance between the distal anchor and the proximal anchor or securing assembly. For reasons previously mentioned, however, a tether with elastic properties or comprising structures that provide a length/tension relationship may be preferred in some instances. A tether capable of lengthening in response to increased load or tension may be optimized to provide sufficient bias to reduce the effects of oropharyngeal occlusion while providing a more physiologic range of tongue motion than that produced by fixed length tethers. Fixed length glossoplasty or suspension of the tongue may be the cause of odynophagia, dysphagia and deglutition problems seen with existing tongue remodeling devices, but the current invention is not limited to this purpose. A tether with elastomeric properties may be provided by using materials such as but not limited to urethane or silicone. One skilled in the art can select the particular material, tether length, diameter, cross-sectional shape and other features based upon the desired effect, tolerances, and the particular patient's anatomical characteristics. Other materials that may comprise the tether include but are not limited to Nitinol, spring steel, tantalum, polyethylene, polyester, silk, polypropylene, polyolefin or a combination thereof.

Other tether configurations that may be used include passive and active variable length or bias structures such as braided or woven structures, electropolymers, springs, coils, magnets or solenoids. Thus, in some of the embodiments, the tether configuration may actively change in length in length or configuration resulting from the application of external energy or force such as electrical current or magnets. These active tether configurations may be further configured with local or distal sensor components that may modulate the activity of the external energy or force acting on the active tether. The modulation may be influenced or triggered by detection of diaphragm movement or depolarization activity, nerve depolarization, pressure changes and/mechanical contact in the airway.

The tether may also be covered by a lubricious biocompatible coating. In another embodiment, the tether comprises a bioabsorbable coating that may cause scar or connective tis-

sue formation about the tether. Scar tissue formation may further enhance the effect of the glossoplasty implant by tightening the tongue tissue and/or to resist migration of the implant.

In some embodiments, the proximal tether of the tongue element may be configured with one or more structures or surfaces capable of engaging at least a portion of the tongue tissue surrounding the tether so that a distal anchor is not required, or to distribute the tissue engagement. In still other embodiments, the tongue element may comprise multiple distal anchors and multiple tethers arranged in a serial or branching fashion.

FIG. **27** depicts one embodiment of the invention comprising an elastomeric cord that may be used for the tether **28**. The elastomeric cord **154** may comprise single or multiple tightly wound elastomeric members **156**, as shown in FIG. **28**. Referring to FIG. **29**, in other embodiments, the tether may comprise a structure having spring-like or resilient properties, such as a braided structure, a woven structure, or a metallic or polymeric coil **158**.

The tether may also comprise a variety of other tension structures that provide length/tension relationships. FIG. **30** depicts one embodiment of the invention comprising a pneumatic casing **160** with a first tether **162** fixed to one end of the pneumatic casing **160** and a second tether **164** attached to a movable piston **166** within the casing **160** which is capable of reversible movement within the pneumatic casing **160** depending upon tension exerted through the first and second tethers **162**, **164**. A vacuum chamber **168** provides a shortening bias to the second tether **164**. In another embodiment of the invention, shown in FIG. **31**, the pneumatic casing **170** comprising a first movable piston **166** attached to a first tether **164** and a second movable piston **172** attached to the second tether **174**. By having two movable pistons **166**, **172** incorporated into the pneumatic casing **190**, the casing **170** can remain in a fixed position within the tongue **9** while distributing changes in distance between both the first and second tether **164**, **174**, which may reduce the irritation and inflammation caused by excessive movement of any one part of the tether system.

The tether may be further configured to provide one or more structures for adjustable mechanical interfacing with the securing structure of the implant. These structures may include bead structures **176**, as shown in FIG. **32**, or ramped structures **178** as shown in FIG. **33**. The particular structure on the tether **28** can be selected by one skilled in the art based upon particular interface characteristics desired with the securing assembly.

Although in some embodiments of the invention, the tongue element comprises a single elongate tether having one proximal end, one distal end, and a single distal anchor attached to the distal end of the tether, other configurations of the tongue element are also envisioned. In one embodiment, depicted in FIG. **34**, the tongue element **179** comprises a tether **181**, a distal anchor **183**, and at least one additional anchor **185**, **187** along the length of the tether **181**, arranged serially. The multiple anchors **183**, **185**, **187** need not be of the same configuration and need not be spaced regularly along the segment or length of tether **181**. In another embodiment, depicted in FIG. **35**, the tether **189** may have one or more branches, **191**, **193**, **195**. The branches **191**, **193**, **195** may originate from the main tether trunk **197**, or may branch from other branches **191**, **193**, **195** of the tether **189**. In one embodiment, the branching tether **189** had a single proximal end **199** and two or more distal ends **201**, **203**, **205**. Tissue anchors **207**, **209** may be located along a branching tether **189** at the distal ends **201**, **203**, **205**, a branch point **211**, or any other

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position along the branching tether **189**. The branches **201**, **203**, **205** of the tether **189** need not be symmetrical in branch length, diameter, elasticity, branch configuration or other characteristics.

In another embodiment, shown in FIG. **36**, the tether **213** may comprise two or more proximal ends **215**, **217**, that are attachable to the same or different anatomical structures. A tongue element **219** having two or more proximal attachments **221**, **223** may be beneficial in limiting tongue movement or distal anchor **225** movement in more than one direction. The various features of the tongue element described above may be used in various combinations to achieve the desired effect from the glossoplasty system.

FIG. **37** depicts another embodiment comprising a tether loop **227** having two ends **229**, **231** wherein the two ends **229**, **231** are joined and the tether loop **227** is engaged to a securing assembly **24**. The tether loop **227** may comprise one or more regions **233** of an expanded diameter or size to reduce the risk of the loop **227** cutting through the tongue **9** due to chronic tether tension and with tongue movement. The tether loop **227** may have a fixed region of increased diameter, a self-expanding region, a balloon or fluid expanding region or an in situ formed expanded region.

FIG. **38** illustrates another embodiment of the invention comprising a tether **235** with two ends **237**, **239** and at least one tissue anchor **241** attached to the tether **235** between the two ends **237**, **239**. The two ends **237**, **239** of the tether **235** may be attached to the same site or same securing assembly, or at two different sites **243**, **245**. Although the relative locations of the two sites **243**, **245** as shown in FIG. **38** are symmetrical with respect to the midline of the tongue **9** and mandible **13**, in other embodiments the location may be asymmetrical.

FIG. **60F** depicts another embodiment of the invention, comprising a tether **28** that is looped or threaded through the proximal end **521** of the distal anchor **500** from FIG. **60B**. Typically, the proximal end of the distal anchor **500** is positioned about halfway between the first end **23** and second end **25** of the tether **28**, but may also be positioned at other locations between the first and second ends **23**, **25**. Referring to FIG. **60G**, one or more knots **27** are optionally provided to resist slippage of the distal anchor **500** along the length of the tether **28**. One or more knots **27** and/or other securing methods (e.g. gluing or melting the elongate member to itself) may also be used to prevent the distal anchor **500** from separating from the tether **28** should a section of the tether **28** between the knot(s) **27** and one of the ends **23**, **25** be severed. The optional knot(s) **27** will keep the distal anchor **500** secured to the tether **28** and allow the remaining intact section of the tether **28** to maintain its connection to the securing assembly **600**. The connection of the tether **28** to the distal anchor **500** is typically performed at the point of manufacture, but in other embodiments of the invention, one or more attachments may be performed at the point of use to allow customization of the tongue element. As mentioned previously, the distal anchor **500** is preferably implanted into the tongue prior the attachment of the first and second ends **23**, **25** of the tether **28** to the securing assembly **500**, but in other embodiments, the distal anchor **500** and tether **28** are pre-attached to the securing assembly **600** when the distal anchor **500** is implanted.

3. Securing Assembly

As mentioned previously, bone anchors or screws, clips, staples and other devices well known in the art may be used for directly attaching a tongue element **22** to a mandible **13** or other rigid structure. Preferably, however, a tether securing assembly **24** is provided to facilitate attachment, removal and/or adjustment of the tether **28** to an attachment structure.

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More preferably, tether securing structures **24** that allow adjustment in a minimally invasive manner are used. In some embodiments, one tether securing structure is provided for each tongue element **22** of the glossoplasty system. In other embodiments, more than one tongue element **22** may be secured to each retaining structure.

FIG. **39** depicts one embodiment of an attachment structure **180**. The attachment structure **180** comprises one or more bone engaging elements to attach the attachment structure to a bone or other structure such as a bone screw or anchor **34**. Angled protrusions or tabs **182** projecting from the attachment structure **180** provide securing interfaces **32** may be used to lodge and retain one or more tethers **28** through frictional resistance. The tether **28** may be wound between the two angled protrusions **182** to further enhance the frictional resistance between the protrusions **182** and tether **28**, and also to localize excess tether material for access at a later date. If the tongue element **22** was secured with excessive tension, the excess tether material may be unwound, loosened to a desired tension and rewound onto the protrusions **182**. Once the desired tension is determined over the course of days, weeks or months post-implantations, any excess tether material not required to secure the tether **28** to the attachment structure **180** may be removed to reduce the infection risk from unnecessary foreign body material. In some embodiments of the invention, a conduit or bore hole is provided in the mandible **13** or other bone, an access hole **184** may be provided in the attachment structures **180** and the attachment structure **180** may be positioned directly over the conduit or bore hole.

FIGS. **40A** through **40C** depict another embodiment of attachment structure comprising a bone screw **186** with a clamping interface **188** for retaining tethers **28**. The clamping interface **188** comprises two opposing surfaces **190**, **192** or structures that are adapted to provide a frictional or mechanical interface with tethers **28** or other elongate members inserted within the clamping interface **188**. The clamping interface **188** has an open configuration depicted in FIGS. **40B** and **40C** to allow positioning of one or more tethers **28** within the interface **188** and a closed configuration shown in FIG. **40A** for retaining the tethers **28**. The closed configuration may be achieved by crimping the two opposing surfaces **190**, **192** or by further structures of the clamping interface, such as complementary clasps or clip structures that are well known in the art to fix the opposing surfaces **190**, **192** together. Referring to FIG. **40C**, the clamping interface **188** may further comprise complementary indentations **194** and protrusions **196** to further enhance the frictional resistance of the interface in the closed configuration. The opposing surfaces or structures of the clamping interface may also be configured with frictional surfaces that are well known in the art through the use of various materials, surface treatments or configurations. Frictional surface configurations may also include cross hatched surfaces or irregular porous surfaces.

FIGS. **41A** and **41B** illustrate another embodiment of the attachment structure **198** comprising a retaining lumen **200** for inserting one or more tethers **28** and accepting a retaining bolt **202** for securing the tethers **28** within the retaining lumen **200**. Typically the retaining bolt **202** will comprise a threaded surface **204** that is complementary to a threaded surface **206** of the retaining lumen **200**.

In some embodiments of the invention, the securing assembly is capable of adjusting the tension acting on the tether without directly accessing and manipulating the tether. This may reduce the need to perform an open procedure to access the securing assembly and locate small, hard-to-find tether

ends. Preferably, the tension adjustment may be facilitated through an adjustment tool interface that can be accessed in a minimally invasive manner.

As previously illustrated in FIGS. 7A through 7F, in some embodiments of the invention, the securing assembly 60 is adapted for insertion into a conduit created through the mandible 13 or other bone. A securing assembly 60 with a reduced or flush profile may be beneficial by minimizing or eliminating any palpability or visibility of the implant. Some patients may find that palpable or visible surface landmarks of the implant are psychologically or cosmetically unacceptable. Although the securing assemblies described below are described in the context of insertion into a conduit through the mandible, these securing assemblies may be adapted for attachment to the exterior of the bone by providing an attachment structure with an aperture on the exterior surface of the securing structure capable of accepting a bone screw.

Referring to FIGS. 42A through 42D, in one embodiment of the invention, a securing assembly 217 comprises an elongate body 208 with a lumen 210 and an inner threaded surface 212, and a core 214 with external surface threads 216 complementary to the threaded lumen surface 212 of the lumen 210 and capable of forming a rotational interface with the elongate body 208. The core 214 may be directly attached or attachable to one or more tethers 216 of the glossoplasty system. After implantation of the distal anchor in the tongue, tether tension can be adjusted by rotating the core 214 within the threaded lumen 210 which in turn adjusts the distance between the distal anchor and the core 214 within the lumen 210 of the elongate body 208. In one embodiment, where the tether 216 is directly attached to the core 214, rotation of the core 214 with a rotation tool 240 will adjust the tether tension and result in translation of the core rotation into torque acting on the tether 216 and distal anchor, which may or may not result in unacceptable rotation of the tether 216 and distal anchor. This torque effect may cause increased tension in the tether 216 from twisting causing further reduction in the distance between the core and the distal anchor. The torque effect may cause rotational laceration of the tongue tissue about the distal anchor. In other embodiments, however, the torque effect may be advantageous in taking up excess slack in the tether.

The securing assembly 217 may be threaded on its external surface 222 to allow secure positioning of the elongate body 208 within the bone conduit of a bone. Although the lumen 210 is generally circular in cross section, the cross sectional shape of the external surfaces 222 of the elongate body 208 need not be circular, and could be oval, rectangular, square, polygonal or any other of a variety of cross sectional shapes. The external surface 222 may also have other surface characteristics or structures to resist migration, including but not limited to ridges, barbs, hooks, and/or porous surfaces for bone ingrowth. The elongate body 208 may also comprise a flange on the proximal end 218 to resist migration of the elongate body 208 in the distal direction. The proximal end 218 of the elongate body 208 is typically open ended to allow insertion of the threaded core 214 after implantation of the elongate body 208. In other embodiments, the proximal end 218 of the elongate body 208 is partially closed and is configured to accept the threaded core 214 at the distal end 220. In still other embodiments, the elongate body 208 is open at both ends. Preferably, the distal end 220 of the elongate body 208 is partially closed to prevent accidental release and loss of the threaded core if the core is overadjusted while still open sufficiently to allow passage of one or more tethers into the elongate body. In some embodiments of the invention, a slip

interface is provided at the attachment of the tether to the distal anchor to resist rotation of the distal anchor with adjustment of tether tension.

As shown in FIG. 42A, the threaded core 214 is a cylindrical component with a proximal end 224, distal end 220, and a threaded external surface 228 complementary to the threaded inner luminal surface 212 of the elongate body 208. The threaded core 214 further comprises a first partial slot 230 that is generally perpendicular to the longitudinal axis of the core 214 and a second slot 232 that is generally between the first slot, the external surface and the distal end of the core. The second slot 232 is dimensioned to allow passage of at least the diameter of one tether 216 but to resist passage of the tether 216 when the external surface of the core 214 is in contact with the inner luminal surface 212 of the elongate body 208 and where the proximal end 234 of the tether 216 is configured to with an increased diameter, in some examples, by tying the tether end 234 into one or more knots, or to attach the tethers end 234 to an enlarged surface area slippage component, such as a rod, disc 236 or plate. The first and second slots 230, 232 are generally dimensioned to align the center of the disc 236 with the center of the distal end 226 of the core 214, but it is not required. Alignment of the centers allows the tether 216 to maintain a generally stable position while the core 214 is rotated. If either the first or second slot 230, 232 does not include the center of the core 214, the tether may wobble eccentrically when the core 214 is rotated. FIG. 42B illustrates one embodiment of the securing assembly where the tether 216 is attached to a disc 236, which is then passed through the second slot 232 and into the first slot 230. Although it is preferred that the first slot 230 be generally perpendicular to the longitudinal axis of the core 214 to evenly distribute frictional forces between the core and tether end, this is not required. In some embodiments, the first slot 230 may be oriented within the range of about zero degrees to about 180 degrees with respect to the longitudinal axis of the core 214. In other embodiments, the first slot 230 is oriented between about 45 degrees and 135 degrees, and in still other embodiments to about 75 degrees to about 110 degrees. The core 214 further comprises a mechanical interface 238 on its proximal end 224 for engaging a rotational tool 240. As shown in FIGS. 42C and 42D, when the core 214 is rotated within the lumen 210, the position of the core 214 with respect to the lumen 210 is changed, thereby adjusting the tension in the tether 216. The first slot 230, second slot 232, and/or slippage component 236 may be covered with PTFE or another lubricious coating to minimize rotation of the tether 216 from rotation of the core 214 due to friction between the tether/slippage component 236 and core 214.

FIGS. 43A through 43E depict another embodiment of the invention for restricting rotation of the tether. Here, the core 242 is rotatably attached to an intermediate tether interface 244 by a rod 246 or other structure. The intermediate tether interface 244 may be any structure that is rotatably attached to the core 242 and comprises one or more keyed structures 248 that form a partial mechanical interfit with a complementary groove or track 250 on the inner threaded surface 252 of the elongate body 254 that allows sliding of the intermediate tether interface 244 along the longitudinal axis of the elongate body 254 while restricting rotation of the intermediate tether interface 244. The groove 250 typically has a generally linear configuration oriented parallel to the longitudinal axis of the elongate body 254, but the groove 250 may also have other configurations and orientations. In some embodiments, the groove may have a spiral configuration within the inner threaded surface 252 of the elongate body, thereby allow some torque transmission to the tether. The pitch of the spiral

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configuration may be constant or variable. For example, in some embodiments, the groove may have a tighter pitch proximally, so that it the keyed structure can impart greater rotation to the tether as the longitudinal displacement range limit is reached. The keyed structure **248** may comprise any of a variety of shapes sufficient to restrict rotation and need not be exactly matched in cross sectional shape and/or surface area to the groove or tract. The keyed structure **248** and/or the groove of the elongate body **250** may be coated with PTFE and/or other lubricious coating to reduce friction and promote sliding of the keyed structure **248** long the groove **250**. The keyed structure **248** depicted FIGS. **43B** and **43C** are square shaped, while the keyed structures **256** depicted in FIGS. **43D** and **43E** are triangular. FIGS. **44A** and **44B** are cross sectional and end elevational views of one embodiment of the securing assembly **257** configured with a keyed groove **250** and inner threaded surface **252** to accept a threaded core **242** attached to a keyed intermediate tether interface **244**.

The intermediate tether interface **244** may be configured with a variety of structures to which one or more tethers may be attached. FIG. **43B** depicts a tether interface **244** configured with a single hole **258** to accept a single tether, while FIG. **43C** depicts another tether interface **260** configured with three holes **256** capable of accepting up to three tethers. FIG. **43D** depicts still another tether interface **262** with three eyelet attaching sites **264**, while FIG. **43E** illustrates a tether interface **266** with circular post **268** capable of engaging a number of attached tethers.

FIGS. **45A** and **45B** depict one embodiment of the invention utilizing the core **242** and tether interface **244** depicted in FIG. **43A** and the securing assembly **257** shown in FIGS. **44A** and **44B**. The keyed structure **248** of the tether interface **244** remains in the groove **250** or tract of the elongate body **254** to restrict rotation of the interface **244**. The rod **246** of the threaded core **242** and/or the rod lumen **290** of the tether interface **244** may be coated with PTFE and/or other lubricious coating to reduce friction at the rod rotation site.

In another embodiment of the invention, shown in FIGS. **46A** and **46B**, a securing assembly **292** comprises an elongate body **294** with an unthreaded lumen **296** containing a drive screw **298** and a keyed tether interface **300**. The drive screw **298** is supported within the unthreaded lumen **296** by threadless supports **302**, **304** that allow the drive screw **298** to remain in the same general location when rotated. The keyed tether interface **300** is manipulable using a drive screw **298**. The keyed tether interface **300** has a threaded opening **306** that is complementary to the threads **308** of the drive screw **298**. Rotation of the drive screw **298** causes movement of the keyed tether interface **300** along the longitudinal axis of the unthreaded lumen **296** of the securing assembly **292**. Although the embodiment shown in FIGS. **46A** and **46B** depict a drive screw **298** located off-center from the longitudinal axis of the elongate body **294**, the drive screw **298** may be configured with respect to the elongate body **294** and tether interface **300** at any of a variety of locations relative to the central longitudinal axis. One skilled in the art can select the diameter of the drive screw **298** and the thread pitch of the drive screw **298** and threaded lumen **306** of the tether interface **300** to achieve the desired adjustment characteristics.

Referring to FIGS. **47A** through **47D**, in one embodiment of the invention, the securing assembly **310** comprises a sealed cavity **312** wherein one section of the sealed cavity **312** comprises a sealed access interface **314** and a second portion of the sealed cavity comprises a sliding seal **316** attached to a tether **28**. The sealed cavity **312** may be filled with a volume of gas or preferably a liquid **316** that can be changed by adding or removing the fluid through the access interface **314**.

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The sliding seal **316** is configured to move with changes in fluid volume of the sealed cavity **312**. As shown in FIGS. **47B** and **47C**, the access interface **314** is preferably configured as a self-sealing pierceable membrane **318** so that the sealed cavity may be accessed with a hypodermic needle **320** that is percutaneously inserted through the membrane **318** in a minimally invasive fashion. Alternatively, the access interface **314** may comprise any of a variety of sealed mechanical valves or other interfaces that are well known in the art. The securing assembly **310** shown in FIGS. **47A** through **47C** further comprise a flange **322** at the proximal end of the securing assembly to restrict further distal migration of the securing assembly. FIG. **47D** depicts an alternative embodiment of the securing assembly **324** lacking a flange and comprising a threaded or frictional surface **326** on at least a portion of the external surface **328**. Limiting the threaded or frictional surface **326** to only a portion of the external surface **328** may facilitate insertion of the securing assembly **310** into a bony conduit while still providing sufficient friction to resist migration of the assembly **310**. Although the tether **330** depicted in FIGS. **47A** through **47D** is embedded into the sliding seal **316** of the securing assembly **310**, the sliding seal **316** may also be configured with any of a variety of attachment structures to allow attachment of one or more tethers to the sliding seal **316**.

In one embodiment of the invention, illustrated in FIGS. **48A** and **48B**, a securing assembly **332** comprises a tapered elongate body **334** through which one or more tethers **336** may be passed into or through the lumen **338** of the elongate body **334**. The tethers **336** may be secured to the securing assembly **332** by a frictional core **340** that can be snugly inserted into the tapered lumen **338** of the tapered elongate body **334**. The frictional core **340** may comprise any of a variety of frictional materials, including silicone, rubber, metal, polymers or a combination thereof. While the frictional core **338** forms a friction fit with the tether **336**, the fit to the tapered lumen **338** may be frictional or mechanical. The surface of the lumen **338** may or may not be coated with frictional materials to further enhance the frictional securing of the tethers **336** between the core **340** and lumen **338**. The frictional core **340** may be inserted and removed through a recessed interface **342** that is configured to accept a complementary core attachment tool. Alternatively or additionally, the frictional core **340** may also comprise a patterned, rough or porous surface, such as a knurled or grooved surface. Alternatively, the frictional core **340** may comprise a protruding structure with can be engaged with forceps or other grasping tool for insertion and/or removal.

In one embodiment of the invention, shown in FIGS. **49A** through **49D**, a securing assembly **344** comprises an elongate body **346**, a tapered lumen **348**, and a pronged core **350** capable of forming a mechanical stop or frictional surface to restrict movement of one or more tethers **352**. The tapered lumen **348** comprises a proximal threaded lumen **352** and a distal tapered lumen **354** through which a tether **356** may be passed. The pronged core **350** comprises a proximal threaded external surface **358** that is complementary to the proximal threaded lumen **352** of the elongate body **346**, and one or more distal prongs **360** that are capable of inward deflection. When the pronged core **350** is inserted into the elongate body **346**, as depicted in FIG. **49C**, as the pronged core **350** is rotated and advanced distally, the prong or prongs **360** are deflected radially inward by the tapered lumen **354**. In some embodiments, shown in FIGS. **49B** through **49D**, the distal ends **362** of at least some prongs may be curved or angled inward to form a mechanical stop interface capable of restricting a beaded tether **356** or other similarly configured tethers

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with segments of increased cross sectional area. In other embodiments, the distal ends **362** of the prongs **360** are capable of reducing sufficiently to form a frictional aperture that is capable of resisting sliding of a tether about the prong ends **362**.

Referring to FIGS. **50A** through **50F**, another embodiment of the invention comprises an elongate body **364** with a frictional internal luminal surface **366** and a frictional core **368**. The frictional core **368** is configured to resist movement within the internal luminal surface **366** by exertion of force within the broad range of force expected by physiologic activities acting on one or more attached tongue elements, but is also capable of movement with the application of supra-physiologic forces through a frictional core movement tool **370**. One embodiment of the movement tool **370** is depicted in FIG. **50B**. The interface **372** between the movement tool **370** and the frictional core **368** may comprise any of a variety of mechanical interfaces known in the art sufficient to transmit adequate pulling and pushing force to the frictional core. The interface **372** shown in FIGS. **50A** and **50C** though **50F** allow engagement of the frictional core **368** following insertion and rotation of the movement tool **370** with one or more arms **374** capable of resisting dislodgement from the frictional core **368** when in the rotated position.

In still another embodiment of the invention, illustrated in FIGS. **51A** to **51E**, the securing assembly **376** comprises an elongate body **378** with a lumen **380** and an expandable tether core **382**. The expandable tether core **382** is configured to allow attachment of one or more tethers **384** and to also reversibly radially expand and contract such that the expanded radius of the core **382** is capable of forming a frictional and/or mechanical fit with the lumen wall **386** of the elongate body **378**. In one embodiment of the invention, depicted in FIGS. **51A** through **51E**, the expandable core **382** comprises a proximal end **388** and a threaded distal end **390**, a threaded drive screw **392** through the proximal end **388** and threadably engaged to the threaded distal end **390**, and one or more expandable members **394** between the proximal end **388** and distal end **390**. When the drive screw **392** is rotated, as shown in FIG. **51C**, the distal end **390** of the expandable core **382** is brought closer to the proximal end **388**, causing deformation of the expandable members **394** which can then engage the lumen wall **386**, as shown in FIG. **51E**. The proximal end **388** of the expandable tether core **382** may have a flange **396** to facilitate engagement by a deployment tool **398**. The deployment tool **398** have grasper **400** adapted to engage and hold the flange **396** while an extendable shaft **402** can form an interfit with the drive screw **392** and rotate the drive screw **392**.

In another embodiment of the invention, the securing assembly comprises a spool or rotation assembly for adjusting the tether length or tether tension between the securing assembly and distal anchor. Referring to FIGS. **61A** to **61I**, in one embodiment of the invention, the securing assembly **600** comprises a fastener interface **602** for attaching the securing assembly **600** to a bone or other tissue and a spool assembly **604**, the spool assembly **604** comprising a spool **606** and a spool lock **608**. The spool lock **608** allows the rotation of the spool **606** to take up or release a portion of the tether when desired, while resisting unintentional uptake or release of the tether at other times. In the specific embodiment depicted in FIGS. **61A** to **61I**, the spool **606** comprises one or more spool hubs **610** onto which one or more tethers may be wound or unwound. Optionally, one or more flange structures **612**, **614** are provided on the spool **606** to help maintain the tether on the spool hub **610**. In other embodiments, grooves or a slip-resistant surface on the spool hub may be used to maintain the

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tether on the spool hub, with or without spool flanges. Typically, two flange structures **612**, **614** are provided, but in other embodiments of the invention, only one flange structure is needed as other portions of the securing assembly housing **616** may act to maintain the tether on the spool hub **610**. The spool hub **610** typically has a circular cross-section, but any of a variety of other cross-sectional shapes may also be used. Furthermore, although the spool hub **610** described, for example, in FIG. **61G** comprises a cylindrical surface, the spool hub may be any structure capable of winding a tether about it, e.g. in some embodiments, the spool hub may be the region where two flanges are joined.

The spool may further comprise one or more engagement structures for engaging the tether or elongate element. For example, in FIG. **61D**, the inferior flange **612** of the spool **606** comprises one or more holes **618** for attaching the tether. One of skill in the art will understand that any of a variety of alternative engagement structures may be provide on the spool, spool flange or spool hub, including hooks, clips, clasps, crimp structures or any combination thereof.

In a further embodiment of the invention, the spool assembly may comprise two or more spools for winding the tether. Use of multiple spools may allow the use of smaller spools and/or use of non-circular tether uptake paths, which may allow the construction of securing assemblies having a reduced profile compared to securing assemblies comprising a single large spool.

The spool assembly **604** may further comprise a spool adjustment interface **620**. Referring to FIGS. **61H** and **61I**, the spool adjustment interface **620** is typically located at the center of the spool **606** and is configured to form an interfit with an adjustment tool **621** for rotating the spool **606**. The adjustment tool **621** may optionally have a sharp distal end so that the adjustment tool may also be used to provide direct access to the spool **606** without the preforming the access pathway, or having to use a cannula, introducer, trocar or access needle first. In further embodiments, the adjustment tool **621** may also be used to displace the spool **606** in one or more directions. Spool displacement, whether perpendicular to its rotation axis or longitudinally along its rotation axis, as depicted in FIGS. **61H** and **61I**, may be used to switch the spool between its locking and rotation configurations. In other embodiments, spool displacement may be used to wind the tether onto a secondary spool hub of the spool having a different diameter to provide a different rate of tether winding per rotation, for example, on a frusta-conical spool hub.

To facilitate the insertion of the adjustment tool **621** into the spool adjustment interface **620**, the adjacent flange **612** may have a tapered or conical surface **623** to help guide an adjustment tool **621** into the spool adjustment interface **620**. Other tapered or grooved structures **623** on the securing assembly **600** may also be provided to guide the adjustment tool **621** from other locations about the securing assembly **600**.

In other embodiments, the spool adjustment interface may be provided on a cog or disc, which in turn is configured to rotate the spool for adjusting the tether. Likewise, the cog may also be reversibly displaceable along its rotation axis and/or off its rotation axis to lock rotation of the spool.

The interface between the spool and the spool housing may be configured in a number of ways. As depicted in FIG. **61C**, spool rotation is provided by a generally cylindrical or circular rotation surface **622** that rotates in or about a hole **624**, lumen or other arcuate surface of the spool housing **616** to provide rotation. The circular rotation surface **622** may be located on the spool hub **610**, spool flanges **612**, **614** or other section of the spool **606**. In other embodiments, the spool may

comprise a tubular lumen which rotates about a pin or an axle structure of the spool housing. The tubular lumen may be concentric or eccentric with the spool hub.

In some embodiments of the invention, the interface between the spool and the spool housing provides sufficient mechanical or frictional force to generally resist undesired rotation, in one or both directions, related to physiological forces acting on the distal anchor, tether and/or securing assembly. In other embodiments of the invention, the securing assembly may further comprise a reversibly engageable spool lock to resist undesirable spool rotation. Referring to the embodiment shown in FIGS. 61A to 61I, the spool lock 608 may comprise a four-sided locking flange 626 that prevents rotation of the spool 606 when the locking flange 626 is positioned within a corresponding four-sided locking cavity 628 of the spool housing 616. In some embodiments of the invention, the locking flange may also serve the function of a spool flange. To rotate the spool 606 when desired, the four-sided locking flange 626 may be displaced out of the four-sided locking cavity 628 of the spool housing 616, longitudinally along the rotation axis of the spool 606. Longitudinal displacement along the rotation axis of the spool 606 is provided because the cylindrical rotation surface 622 of the spool 606 has an axial length that is greater than the axial length of arcuate rotation surface or hole 624 of the spool housing 616. The spool 606 may be biased to its locked position by a bias structure 630 that applies an axial force on the spool to maintain or push the four-sided locking flange 626 into the four-sided locking cavity 628 of the spool housing 616. This bias structure 630 may be a coil or leaf spring, an elastically deformable wire or other similar structures known in the art. The bias may be attached or retained in the spool housing in any of a variety of ways, including bonding, or retention within a cavity 631, with or without a retaining plate 632, as illustrated in FIGS. 61A to 61I. To move the spool 606 from the locked position to the adjustment position, in the embodiment depicted in FIGS. 61H and 61I, the adjustment tool 621 is inserted into the spool adjustment interface 620 with sufficient force to overcome the force exerted by the bias structure 630.

In the specific embodiment of the invention shown in FIG. 61E, the spool 606 may optionally comprise indentations, detents 634, or other surface structures that provide auditory and/or tactile feedback to the user of the adjustment tool 621. As the spool 606 is rotated, the interaction between the bias structure 630 and indentations 634 will cause a clicking that can convey to the user that the adjustment tool 621 is properly inserted into the spool adjustment interface 620 and is properly rotating.

Although one specific embodiment of the invention is depicted in FIGS. 61A to 61I, one of skill in the art will understand that many locking structures or configurations may be used with a spool-based securing assembly. In another embodiment, the bias structure, such as a protruding prong or tab, may be located on the spool itself near the spool adjustment interface and forms a mechanical interfit with a complementary structure about the spool. When the adjustment tool is inserted into the spool adjustment interface, the bias structure is displaced from the complementary structure about the spool. Alternatively, the complementary structure, such as a groove or detent, may be located on the spool about the adjustment interface while the bias structure is located adjacent to the spool and projects into the complementary structure of the spool. In this alternate embodiment, when the adjustment tool is inserted into the spool adjustment interface, the projecting bias structure is displaced from the complementary structure of the spool to allow rotation.

In still another embodiment, the spool is not axially displaceable but comprises an interface with a lock assembly that resists spool rotation in at least one direction using a ratchet element. The ratchet element or mechanical lock may be deactivated independently or as a result of the application of the spool adjustment tool. In another embodiment, the lock assembly may be a resistance lock provided by a rubber resistance pad. The position of the pad may be fixed or mobile.

Although the tether may be taken up or released from the spool directly, in other embodiments the securing assembly may comprise a lumen, ring or bushing to facilitate adjustment of the tether and/or to resist snagging of the tether. FIG. 61B depicts a bushing 636 located on the posterior region of the securing assembly 600. When the curved surface 638 of the securing assembly 600 is attached in a typical fashion to the inferior surface of the mandible, the adjustment interface 620 of the spool 606 will be positioned for access from the inferior chin surface while the bushing 636 will protect the tether as the tether passes in or out of the securing assembly 600.

The use of a spool or rotational assembly for the adjustment of the tether is generally preferred, because it allows a substantial range of tether adjustment in a limited amount of space. Other embodiments of a movable securing assembly that do not use rotational assemblies or are not purely rotational, however, are also contemplated, including those with helical, slide or pivot assemblies for tether manipulation. These alternative mechanisms have a limited movement range compared to a rotational assembly, but can be configured with a broader range of adjustment by incorporating a ratchet and release subassembly with the slide or pivot assembly. One benefit of a movable securing assembly is that it may allow the adjustment of an attached tether without the risks or complications associated with having to detach the tether in order to adjust it. Such risks may occur when using an eyelet or crimping-type securing device. Furthermore, the articulation or joint between the moving and non-moving components of the securing assembly are configured to withstand the stress of repeated adjustment, in comparison to crimp structures, which may fail with repeated crimp/uncrimp adjustment procedures.

FIGS. 61J and 61K depict one particular embodiment of the invention wherein the distal anchor 500 and tether 28 are implanted into the tongue 9, either the base of the tongue or, preferably the anterior tongue. With the first and second ends (not shown) of the tether 28 protruding from the inferior chin region after implantation, the first and second ends of the tether are attached to the spool of the securing assembly. Excess tether length, if any, may be cut before, during or after the attachment of the tether to the spool. Preferably, the securing assembly 600 is attached to its anchoring site, such as the mandible 13, after the attachment of the tether 28, as this reduces the degree of surgical exposure required to attach the tether 28 after the securing assembly 500 is attached to its anchoring site. In other embodiments of the invention, attachment of the securing assembly to its anchoring site prior to attachment of the tether, or even implantation of the distal anchor, may be desirable.

4. Delivery Systems

Referring to FIG. 62A to 62D, in a preferred embodiment of the invention, the delivery system 711 for the distal anchor 500 comprises a delivery tool 700 with a tubular body 702, a pushrod 704 within the tubular body 702, a movable handle 708 for altering the relative position between the tubular body 702 and pushrod 704, and an optional retraction assembly 710 for loading the implant into the tubular body. The delivery

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system 711 may optionally comprise an introducer 712 dimensioned to allow insertion of the delivery tool 700 into its lumen 714. The proximal end 716 of the introducer 712 may be provided with a mechanical fit, such as a male Luer adapter 718, which can be attached to the base 720 of the delivery tool 700 provided with a female Luer adapter 722, to lock the tubular body 702 to the introducer 712 and enhance the accuracy of inserting the distal tip of the delivery tool 700 into the tissue. The delivery system 711 may also comprise a trocar 724 for creating an insertion pathway from the skin insertion site to the desired soft tissue site. The trocar 724 is preferably, but not necessarily, dimensioned to also fit within the lumen 714 of the introducer 712, such that the trocar 724 is insertable into the patient together with the introducer 712 and then removed from the introducer 712 to allow placement of the delivery tool 700. The base 726 of the trocar 724 may also be provided with a female Luer adapter 722 or other complementary interface to engage the introducer. In other embodiments, the locations of the male and female Luer adapters may be reversed, or other mechanical interfit configurations may be used.

In the particular embodiment of the invention illustrated in FIGS. 62B and 62C, the delivery tool 700 comprises a pushrod 702 attached to an actuator handle 708, the pushrod 702 having a distal position and a proximal position which can be manipulated by a user through the actuator handle 708. In an alternate embodiment, rather than moving the pushrod within the tubular body, the actuator handle is attached to a movable tubular to allow withdrawal of the overlying tubular body to expose the distal anchor to the tissue, rather than pushing the distal anchor out of the delivery tube and into the tissue. The alternate embodiment may be advantageous in some instances because it maintains a constant distal anchor position as the distal anchor is deployed, rather than pushing the distal anchor forward during deployment.

Referring to FIGS. 62B and 62C, the distal anchor and tether may be loaded into the delivery tool by attaching the end(s) of the tether to tether attachment site 727 on a spool 728 located within the delivery tool 700. When the tether is attached to the spool 728 and the dial 730 attached to the spool 728 is rotated, the tether and distal anchor are pulled into the tubular body 702 as the tether is wound around the spool 728. The proximal pulling of the distal anchor into the delivery tube causes the expanded hook elements of the distal anchor to straighten and retract into their delivery profile and into the tubular body 702. In some instances, rotation resistance is provided for the spool 728, for example by using a biased resistance structure 732 with the retraction assembly 710. Rotational resistance may be useful to prevent inadvertent unspooling of a tether during packaging, storage or implantation of the device. FIGS. 62B and 62C depict one embodiment of the biased resistance structure 732 comprising a cantilever 734 biased by a spring 736, the cantilever comprising a rubber grommet 738 or other resistance surface or structure.

When the actuator handle 708 is moved from the loading position to the deployed position, the actuator handle 708 overcomes the bias of the resistance structure to release the rotation resistance. This allows the spool 728 to freely rotate and to quickly deploy the distal anchor into the tissue. As mentioned previously, the speed with which the distal anchor is deployed may affect the degree of tissue engagement by the distal anchor. In some instances, it is desirable to reduce rotation resistance in the delivery phase compared to the loading phase of the delivery tool usage.

To avoid inadvertent actuation or deployment of a distal anchor loaded into the delivery tool, the actuator handle 708,

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spool 728, and/or pushrod 704 may be provided with a safety catch or pin that must first be manipulated before the one or more of these components can be moved. Referring to FIG. 62D, the actuator handle 708 has an indentation 740 or other configuration which can form a mechanical interfit with a movable pin 742 that can resist or prevent movement of the actuator handle 708 when the pin 742. The movable pin 742 can be moved or slid between a safety position wherein a portion of the pin 742 interferes with the movement of the actuator handle 708, and a release position that removes the mechanical interfit and allows movement of the actuator handle 708.

5. Soft Palate

As mentioned previously, the methods and devices described herein may be used to manipulate other body structures besides the tongue. For example, a tissue anchor may be implanted into the soft palate and attached to the hard palate using a tether. Referring to FIG. 63A, in one embodiment, the soft palate anchor 800 comprises one or more expandable hooks 802 that are preferably arranged in a generally planar configuration for insertion into the similarly planar-shaped soft palate tissue. A planar configuration reduces the risk that the tissue anchor 800 forms a palpable nodule or protrudes from the superior or inferior surfaces of the soft palate. However, the expandable hooks 802 need not to lie in the same plane to have a generally planar configuration. A planar configuration may be characterized by an anchor having a maximum dimension as measured perpendicular to the longitudinal axis of the anchor that is greater than its orthogonal dimension also measured perpendicular to the longitudinal axis. For example, FIGS. 63A and 63B illustrate two pairs of hooks 804, 806 that are stacked with the side by side of one pair 806 stacked against the side 814 of the other pair 804 while still having a generally planar configuration. In other embodiments, one pair may be nested within the inside surface of the other pair.

The soft palate anchor 800 may have a unibody design or may comprise a multiple components joined together. As illustrated in FIGS. 63A and 63B, the soft palate anchor 800 may comprise a pair 804 of expandable distal hooks 802 joined with a pair 806 of expandable proximal hooks using a central core 808 and band 810.

The soft palate anchor 800 may be inserted into the soft palate using a delivery tool similar to that depicted in FIG. 62A. In other embodiments, as shown in FIGS. 64A to 64D, the delivery tube 702, 816 of the delivery tool may be further configured to control the planar orientation of the tissue anchor 800, by a planar-configured delivery lumen 818. The planar-configured delivery lumen 818 may be achieved using a unibody delivery tube 816, as depicted in FIG. 64A, or with one or more additional delivery tube confining structures 820, as depicted in FIGS. 64B and 64C. The planar-configured delivery lumen 818 may be concentrically or eccentrically located along the axis of the delivery tube 702, as illustrated in FIGS. 64B and 64C, respectively. Although the cross-sectional shape of the delivery tube is typically different from the cross-sectional shape of the delivery lumen in order to facilitate rotation of the delivery tool during implantation, in other embodiments, as shown in FIG. 64D, the cross sectional shape of both the delivery lumen 818 and the delivery tube 826 may also have a planar outer shape.

As shown in FIG. 65, the rotational position of the planar tissue anchor may also be controlled in the delivery lumen using a push rod 820 with a distal end 824 configured with a slot 822.

The soft palate anchor 800 may be inserted through the oral cavity 826, as shown in FIG. 66, or through the nasal cavity

828, as shown in FIG. **67**. Insertion of the soft palate anchor **800** may be facilitated by manipulating the soft palate **4** to align it and the delivery tube **816**. One of skill in the art will understand that any of a variety of surgical tools and techniques may be used to manipulate the soft palate **4**, including but not limited to forceps manipulation or the use temporary sutures for applying traction to the soft palate **4**. In other embodiments, soft palate alignment structures or tools may be integrated into the delivery tube **816**. In still other embodiments, the delivery tube **816** may comprise a curved delivery tube to reduce the amount of soft palate manipulation. The curved delivery tube may comprise a curved or flexible push rod with sufficient column strength to resist axial compression when pushed distally.

FIGS. **68** and **69** depict further embodiments of the expandable soft palate anchor **800** system using different insertion and anchoring methods. FIG. **68** depicts the tether **830** of the expandable soft palate anchor **800** attached to the hard palate **8** by a fixation member **832**, such as a bone anchor or screw. The tether **830** may also be optionally attached using an adjustment structure **834** that allows adjustment of tether tension or length. These adjustment structures may include those depicted in FIGS. **40A** to **51E**, and **61A**, but are preferably configured with a reduced profile to accommodate the anatomical limitations of the palate. In another embodiment, FIG. **69** depicts the tether **830** with a flat tissue anchor **800** at each end, with one anchor **800** in the soft palate **4** and the other anchor **800** attached to the mucosal tissue **836** overlying the hard palate **8**. This mucosal tissue **836** is less mobile than the soft palate tissue and therefore may also be used as an anchoring structure. Alternatively, a loop of suture may also be used to attach the soft palate anchor **800** to the mucosal tissue **836**.

6. Recapture Systems

Although FIGS. **7G** to **7J** depict one embodiment for removing an implanted tongue anchor using a cannula, other embodiments of the invention provide additional features and structures to further facilitate removal of the implanted device.

Referring to FIGS. **70A** to **70E**, in another embodiment of the invention, a recapture tool **840** is provided when removal of the tissue anchor **800** is desired. The recapture tool **840** comprises a recapture tube **842** with a longitudinal slot **844** at its distal end **846** and a handle housing **848** at its proximal end **850**, a movable blocking assembly **852** and a movable tether guide **854** with a longitudinal slot **856**. In the preferred embodiment, the blocking assembly **852** and tether guide **854** are concentrically arranged inside the lumen **858** of the recapture tube **842**, with the blocking assembly **852** between the tether guide **854** and recapture tube **842**. The longitudinal slots **844**, **856** of the recapture tube **842** and tether guide **854** are aligned, with the tether guide **854** preferably movable axially, but not rotationally, relative to the recapture tube **842**. In one embodiment, axial mobility and rotational alignment of the tether guide **854** is achieved by a longitudinal alignment groove **860** located at the proximal end **861** of the tether guide **854** that interfaces with an alignment pin **862** inserting into the groove **860** and held in place by the handle housing **848**. The alignment pin **862** may be further configured to allow locking and unlocking of the tether guide **854** with respect to the recapture tube **842**. This may be achieved by any of a variety of locking interfaces known in the art, including but not limited to a rotational screw interface or a spring-biased mechanical fit between the alignment pin and the groove.

The blocking assembly **852** typically comprises a tubular body **864** with a keyed longitudinal slot **866** at its distal end

868. Referring to FIG. **70C**, The keyed longitudinal slot **866** comprises a narrow slot **870** and a blocking surface **872** at its most distal end **868**, and a wider slot **874** just proximal to the narrow slot **870** and blocking surface **872**. The blocking assembly **852** has a proximal handle **876** to facilitate rotation of the blocking assembly **852** to open and closed positions within the recapture tube **842**. The proximal handle **876** projects from an opening **878** in the handle housing **848** of the recapture tube **842**. In some embodiments, the opening **878** is configured to limit the range of motion of the proximal handle **876**. Referring to FIG. **70D**, in the open position, the narrow slot **870** of the blocking assembly **852** is generally aligned with the longitudinal slots **844**, **856** of the recapture tube **842** and the tether guide **854**. This open position facilitates threading of the proximal end of a tether **830** of an implanted anchor **800** into the recapture tool **840**. In the closed position, as shown in FIG. **70E**, the blocking surface **872** of the blocking assembly **852** is located at the longitudinal slot **844** of the recapture tube **842**, effectively forming a circumferentially closed tube at the distal end **846** of the recapture tube **842**. As described in greater detail below and depicted in FIG. **71H**, as the implanted anchor **800** is pulled into the recapture tool **840**, the circumferentially closed distal end **846** of the recapture tube **842** assures that the expanded members or hooks **802** of the implanted anchor **800** are at least collapsed back to their unexpanded configuration and are not accidentally protruding from the longitudinal slot **844** of the recapture tube **842** in an expanded state as it is pulled into the recapture tube **842** and removed from the body. In the closed position, the wider slot **874** of the blocking assembly **852** remains in general alignment with the proximal portions of the longitudinal slots **844**, **856** of the recapture tube **842** and the tether guide **854** so that the captured tether **830** can still slide through the recapture tool **840**.

Referring back to FIG. **70A**, the tether guide **854** is configured to move longitudinally within the recapture tube **842** and the blocking assembly **852**. The tether guide **854** further comprises a conical distal tip **880**. In its distal position, the tether guide **854** extends from the distal end **846** of the recapture tube **842** and the conical tip **880** assists with separating the tether **830** from the surrounding ingrown tissue, if any, as the recapture tool **840** is slid over the tether **830** towards the anchor **800**. In its distal position, the tether guide also facilitates the threading of the tether **830** into the tether guide **854**. Threading is typically accomplished using a needle hole threader that is well known in the art and is inserted through the longitudinal slot **856** of the tether guide **854** and out of the tip lumen **882** of the conical tip **880**. Once the tether **830** is engaged to the needle hole threader, it is pulled through the conical tip **880** and out through the longitudinal slot **856** of the tether guide **854**.

In the proximal position, the tether guide **854** pulls the tether **830** more proximally into the recapture tube **842** to allow the blocking assembly **852** to rotate into its closed position without snagging the tether **830** with the blocking surface **872**. Once the blocking assembly **852** is moved to the closed position, the tether guide **854** may be repositioned back in the distal position in order to allow the conical tip **880** to separate the soft tissue from the tether **830** as the recapture tool **840** is guided toward the implanted anchor **800**.

One embodiment for using the above recapture tool **840** comprises achieving anesthesia of the midjaw and anterior tongue and accessing the proximal attachment site of the implanted device. Typically, anesthesia is achieved using local or regional anesthesia, but in other embodiments of the invention, general anesthesia may be used. The proximal end of the tether **830** is released from its attachment site or adjust-

ment assembly and pulled out from the access site. A needle hole threader inserted into the longitudinal slot **856** of the tether guide **854** and out of the lumen **882** of the conical tip **880**. The proximal end of the tether **830** can then be pulled into the conical tip **880** and out through the longitudinal slot **856** of the tether guide **854**, as depicted in FIG. 71A. In FIGS. 71B and 71C, the tether guide **854** is retracted into the recapture tube **842** to proximally shift the position where the tether **830** exits the longitudinal slot **844** of the recapture tube **842**. This allows the blocking assembly **852** to rotate into the closed position without snagging the tether **830**, thereby blocking the distal end **846** of the recapture tube's longitudinal slot **844** and forming a circumferentially closed lumen, as shown in FIGS. 71D and 71E. In FIG. 71F, the tether guide **854** is placed back in the extended position so the conical tip **880** may be used to separate the soft tissue from the tether **830** as the recapture tool is passed over the tether **830** toward the implanted anchor **800**. Referring to FIG. 71G, the conical tip **880** is pushed distally until it generally abuts the implanted anchor **800**. As illustrated in FIG. 71H, tether position is maintained by pulling on the tether **830** as the recapture tube **842** is pushed distally against the implanted anchor **800**, causing its expandable members **802** to curl or collapse back into a straighter configuration as it enters the recapture tube **842**. Once the anchor **800** is retracted into the recapture tube **842**, as illustrated in FIG. 71I, the entire recapture tool **840** may be withdrawn from the patient. The existing bone anchor and/or adjustment assembly may be removed or left in place, depending upon a variety of factors, such as whether replacement anchors will be inserted and the functionality of the existing bone anchor and/or adjustment assembly.

In another embodiment of the recapture tool, shown in FIG. 72, the longitudinal slot **844** of the recapture tube **842** does not fully extend through the distal end **846** of the recapture tube **842**. In this embodiment, the blocking assembly may be omitted and a distal segment **884** of about 0.5 cm to about 2 cm or more of the recapture tube **842** is circumferentially intact. To thread the exposed tether **830** into the recapture device **840**, a needle hole threader is inserted through the longitudinal slot **844** of the recapture tube **842** and tether guide **854** until it is visible at the distal end of the recapture tube. The tether guide is optionally retracted into the recapture tube **842** when the needle hole threader is initially inserted and re-extended when the free end of the tether **830** is pulled into the conical tip **880** of the tether guide **854** and out through the slot **844** of the recapture tube **842**. The remaining recapturing steps are similar to the prior embodiment of the recapture system. Although this alternate embodiment of the recapture device omits the rotatable blocking assembly, it may be somewhat more difficult to thread the tether into the device than with the other embodiment.

One of skill in art the will also understand that the recapture tool depicted in FIGS. 71A to 71G may be used or adapted to remove expandable anchors implanted elsewhere in the body, including but not limited to the nasopharynx, soft palate, hard palate, pharyngeal wall, GI tract, bronchial tree, biliary tree, and genitourinary tract.

Although the delivery tool for implanting a planar-shaped tissue anchor depicted in FIG. 63A is preferably configured to control for rotation of the anchor during the implantation procedure, rotation control is generally unnecessary for a recapture of a planar anchor, but may be provided in some embodiments.

D. Non-Anchored Tongue Remodeling

In one embodiment of the invention, the glossoplasty device is implanted in the tongue and does not require attachment or anchoring to any bone or other organ. One example of

a non-anchored tongue remodeling device is the dual-anchor device described above and depicted in FIGS. 6A and 6B. Other embodiments are described below.

1. Tongue Splinting

In one embodiment of the invention, a tongue splint is provided that is capable of redistributing the mass of the tongue. The tongue splint may be inserted to displace at least a portion of the base of the tongue or posterior tongue away from the posterior pharynx or pharyngopalatine arch to prevent or resist occlusion of the airway during sleep or other activities.

As shown in FIGS. 52E and 52F, in one embodiment of the invention, the tongue splint **404** comprises a rigid linear body **406** that is dimensioned to fit within a hypodermic needle or other piercing delivery tool **408**. Referring to FIG. 52A, beginning on one side of the posterior tongue **410**, the delivery tool **408** is inserted in a general direction toward the posterior tongue **410** in a postero-medial direction, then, as shown in FIG. 52B, reoriented and advanced in an antero-medial direction until generally the midline is reached. Referring to FIG. 52C, the needle or delivery tool **408** is then reoriented and advanced in a postero-lateral direction toward the opposite side of the tongue **9** before a final reorientation and advancement in an antero-lateral direction. Advancement may be stopped at a submucosal location of the tongue **9**, as illustrated in FIG. 52D, or may pierce the opposite side of the tongue **9**. One skilled in the art can determine the insertion pathway for the rigid tongue splint **404** based upon the particular tongue **9** and oropharynx anatomy of a particular patient. In FIG. 52E, the needle or delivery tool **408** is withdrawn to deposit the splint **404** along a pathway that redistributes the posterior mass **410** of the tongue **9** to reduce occlusion of the airway, as shown in FIG. 52F. In a further embodiment of the invention comprising the tongue splint **404**, one or both ends **412**, **414** of the tongue splint **404** may project from the surface of the tongue and may be configured to engage a mouthpiece or appliance inserted into the oral cavity to further displace the tongue mass.

FIGS. 53A and 53B depict another embodiment of the tongue splint **404** comprising a semi-rigid non-linear tongue splint **416**. The semi-rigid tongue splint **416** is configured to at least partially straighten within the lumen of a hypodermic needle or delivery tool **408**, yet regain at least some of its original configuration upon release from the needle or tool **408** such that the tongue splint **416** is capable of redistributing the tongue mass upon return to its original configuration. The tongue splint **416** may be made of a shape memory or super-elastic material. A semi-rigid implant **416** may be advantageous in that it may be implantable into the tongue **9** with a single linear implantation pathway, as shown in FIG. 53A. Referring to FIG. 53B, upon release and regaining of its previous form, the tongue splint **416** will cause a relative redistribution of tongue tissue. To facilitate implantation of a semi-rigid implant **416** into the tongue **9**, the delivery tool **408** may have rotational indicators to that allow the physician to properly orient the tongue splint **416** with respect to the tongue anatomy.

2. Tongue Tissue Compression

In another embodiment of the invention, a glossoplasty device capable of compressing tongue tissue is provided. In one embodiment, illustrated in FIGS. 54A and 54B, the device comprises a variable pitch tissue screw **418** having a distal end **420** with a long pitch, a middle section **422** with a shorter pitch, and a proximal head **424** configured to engage and disengage a rotational tool **426** for driving the tissue screw **418** into the tongue **9**. The tissue screw **418** is configured to pierce and advance through soft tissue. As the tissue

screw 418 advances, the distal end 420 with the long pitch defines a spiral pathway through the tissue with a first tissue volume 428 between turns of the spiral pathway. As the shorter pitch portions 422 of the tissue screw 418 are advanced through the pathway defined by the distal end 420, the middle section 422 of the tissue screw 418 will compress the first tissue volume 428 defined by the long pitch distal end 420 into a smaller second volume 430 caused by redefined by the shorter pitched portions 422 of the tissue screw 418. Compression of the tongue tissue along the tissue screw 418 will generally bias or displace the tongue tissue toward the insertion site of the tissue screw 418, and may indirectly bias or displace the base of the tongue 9 or posterior tongue 410 from the posterior pharynx or pharyngopalatine arch. The compression and displacement of tongue tissue by the variable pitch tissue screw 418 may be further augmented by attaching the proximal head 424 or other portion of the tissue screw to a fixed or variable length tether and attaching tether to another structure such as the mandible 13 or hyoid bone 15.

In one embodiment of the invention, shown in FIGS. 55A and 55B, the glossoplasty device comprises a spring or coil 432 that is advanced into the tongue tissue in a first configuration having a long pitch w' , and then changed to a second configuration with a shorter pitch w'' , thereby compressing the tongue tissue about or between the turns of the spring or coil 432. In one embodiment, the coil 432 has a sufficient stiffness to be advanced into the tongue tissue in its first configuration similar to that of the tissue screw previously described. If the spring comprises a shape memory material such as Nitinol, the spring is able to assume the second configuration with a shorter pitch w'' upon warming up to body temperature and/or elastic recoil, thereby compressing the tongue tissue. In another embodiment of the invention, the distal tip 434 of the coil 432 is attached to a suture or wire that is first inserted into the tongue 9 along the desired insertion path. Tension is applied to the suture or wire to maintain the coil 432 in its first position as it is advanced into the tongue 9. Once the spring is positioned, the suture tension is released to allow the coil 432 to assume its second configuration to engage and compress the tongue tissue. The suture or wire may be cut to eliminate any exposed foreign body and to reduce the risk of infection tracking down the suture path.

In some instances, the change in configuration from the first configuration to the second configuration may not cause tissue compression because the coil 432 failed to engage the surrounding tissue. In such situations, the coil 432 may axially contract and radially expand to form a cavity without any tissue between the spirals. As shown in FIG. 56, to reduce the risk of non-engagement of the tongue tissue, the coil 432 may be configured with a series of barbs, hooks, angled pins or other tissue engaging structures 436 to facilitate engagement and compression of the tissue as the coil 432 assumes the second configuration. The location, spacing, orientation and length of the tissue engaging structures 430 may be determined by one skilled in the art with routine experimentation. The characteristics of each tissue engaging structure 436 need not be uniform along the length of the coil 432. For example, the tissue engaging structures at the proximal and distal ends of the coil 432 may be configured differently than the engaging structures 436 in the middle portion of the coil 432 because rather than compress the tongue tissue, the ends 434, 438 of the spring may be configured to attach and pull the surrounding tissue towards the middle section of the coil 432. To facilitate insertion of a spring or coil 432 comprising tissue engagement structures 436, the spring or coil 432 may be covered with a sheath during the insertion process to reduce the risk of engaging tissue prior to final positioning of the

device. The sheath can be removed to expose the tissue engaging structures 436 upon final positioning.

In another embodiment of the invention, the spring or coil 432 may be inserted in its first configuration within the lumen of a needle or other delivery device. In some instances, however, reducing the diameter of the spring or coil 432 sufficiently to fit within a lumen device may cause plastic deformation of the spring or coil 432 such that the spring or coil lack the elastic properties to assume the second configuration. Alternatively, as shown in FIG. 57, the spring or coil 432 may be placed around the outer surface 440 of a needle or other piercing device 442 for insertion into the tongue 9. In a further embodiment, illustrated in FIG. 58, the needle or other piercing device 442 may comprise a fitted spiral groove 444 or tract along the outer surface 440 to reduce or make flush the profile of the spring or coil 432 on the delivery device 442. FIGS. 59A and 59B depict the implantation of the coil-on-needle device 432, 442. FIG. 59A depicts the positioning the distal end 434 of the coil 432 prior to the complete release of the implant from the sheath 446, while FIG. 59B schematically illustrates the resulting tissue compression from the released coil 432.

3. Tongue Tissue Compliance Change

In another embodiment of the invention, the tongue remodeling system changes the compliance of the tongue tissue surrounding the implanted device, but does not require exertion of a continuous force upon the surrounding tongue tissue. In some instances, a change in the tissue compliance without placing the tissue under compression may be sufficient to reduce or eliminate airway occlusion during apnea episodes. The implantation of the device without creating tissue compression may simplify the implantation procedure by eliminating the need to adjust the degree of tissue tension exerted by the device either during or after the initial implantation procedure. Many of the embodiments of the invention mentioned previously may be used without altering the physical characteristics of the tether and/or splint by implanting the device and not exerting tension on the device during the implantation process. Thus, although the device exerts reduced or no force while the tongue is in usual or resting position, but when the patient is asleep and the musculature of the oropharynx and/or hypopharynx relaxes, the compliance of the tongue tissue altered by the device such that greater force is required to cause posterior displacement of the tongue. One skilled in the art may also select the materials and/or configurations of the tether and/or splint for the previously disclosed embodiments to modify the degree of change in tissue compliance.

E. Materials

The materials that may be used to construct the tether component of the glossoplasty device were discussed previously. The other components of the invention, such as the distal anchor and/or securing assembly, may be manufactured in accordance with any of a variety of techniques which are well known in the art, using any of a variety of medical-grade construction materials. One or more components can be molded, formed or machined from biocompatible metals such as Nitinol, stainless steel, titanium, and others known in the art. One or more components can also be injection-molded from a variety of medical-grade polymers including high or other density polyethylene, nylon and polypropylene. Portions of the system can be separately formed and secured thereto in a post-molding operation, using any of a variety of securing techniques such as solvent bonding, thermal bonding, adhesives, interference fits, pivotable pin and aperture relationships, and others known in the art.

Reinforcing fibers suitable for use in the components of the present invention include ceramic fibers, like bioabsorbable hydroxyapatite or bioactive glass fibers. Such bioabsorbable, ceramic fiber reinforced materials are described, e.g., in published European Patent Application No. 0146398 and in WO/96/21628, the entire disclosures of which are incorporated herein by way of this reference. The materials may also include a bioabsorbable coating previously described.

As a general feature of the orientation, fiber-reinforcement or self-reinforcement of the tongue remodeling components, many of the reinforcing elements may be oriented in such a way that they can carry effectively the different external loads (such as tensile, bending and shear loads) that are directed to the remodeling system as used.

The components of the invention (or a bioabsorbable polymeric coating layer on part or all of the implant surface), may contain one or more bioactive substances, such as antibiotics, chemotherapeutic substances, angiogenic growth factors, substances for accelerating the healing of the wound, growth hormones, antithrombogenic agents, bone growth accelerators or agents, and the like. Such bioactive implants may be desirable because they contribute to the healing of the injury in addition to providing mechanical support.

In one embodiment, the distal anchor may comprise a bioabsorbable coating and/or structure. As used herein, terms such as bioabsorbable, bioresorbable and biodegradable interchangeably refer to materials which will dissipate in situ, following a sufficient post-operative period of time, leaving acceptable byproducts. A variety of polymers which may be useful for the components of the present invention are identified below. Many of these polymers have been reported to be biodegradable into water-soluble, non-toxic materials which can be eliminated by the body: polycaprolactone, poly (L-lactide), poly (DL-lactide), polyglycolide, poly (L-Lactide-co-D, L-Lactide), 70:30 poly (L-Lactide-co-D, L-Lactide), 95:5 poly (DL-lactide-co-glycolide), 90:10 poly (DL-lactide-co-glycolide), 85:15 poly (DL-lactide-co-glycolide), 75:25 poly (DL-lactide-co-glycolide), 50:50 poly (DL-lactide-co-glycolide), 90:10 Poly (DL-lactide-co-caprolactone), 75:25 poly (DL-lactide-co-caprolactone), 50:50 poly (DL-lactide-co-caprolactone), polydioxanone, polyesteramides, copolyoxalates, polycarbonates, and poly (glutamic-co-leucine). The desirability of any one or a blend of these or other polymers can be determined through routine experimentation by one of skill in the art, taking into account the mechanical requirements, preferred manufacturing techniques, and desired reabsorption time. Optimization can be accomplished through routine experimentation in view of the disclosure herein. Bodily reaction to the bioabsorbable materials or byproducts may furnish at least a portion of the support provided by the device or treatment method. All or portions of any of the devices herein, as may be appropriate for the particular design, may be made from allograft material, or synthetic bone material.

Additional Adjustment Mechanism Embodiments

FIG. 73 depicts an embodiment of an adjustment mechanism 1100 that includes a ratchet 1102. In this embodiment, the ratchet 1102 may be manually actuated by an adjustment tool 1104, pictured here as a needle, onto a lever 1106 operably connected to the ratchet 1102. Movement of the lever 1106 facilitates ratcheting which will draw a tissue anchor (not shown) into tension. Other embodiments may include multiple ratcheting systems. Furthermore, other embodiments (not shown) can include a two-way ratchet which may be configured to relax the tension of an anchor. A mounting

plate 1103 is operably connected to a bone anchor 1105 and the adjustment mechanism 1100.

FIG. 74A shows an embodiment of an adjustment mechanism 1108 that includes a worm drive 1110. An adjustment tool 1112 is shown here as a needle with a square outside diameter. The needle 1112 may be inserted into a complementary aperture 1114 configured to receive it. Turning the needle 1112 in the aperture 1114 in the appropriate direction will advance a pulley 1116 and thus draw the tissue anchor 1118 into tension. In other embodiments, the needle 1112 may have a triangular, pentagonal, or many other geometric configurations for the outside diameter to accomplish turning the needle 1112 in a similar fashion.

FIG. 74B shows another embodiment of an adjustment mechanism 1120 that includes a worm drive 1122. In the shown embodiment, an adjustment tool 1124 may, instead of being inserted into an aperture as in FIG. 74A, may be inserted into the teeth 1126 of a cylindrical element 1128 of the worm drive, "paddling" the cylindrical element 1128 and thus adjusting the tension of a tissue anchor (e.g., a distal anchor, not shown) as desired by "paddling" in the appropriate direction.

In other embodiments, an adjustment mechanism may be actuated using a form of potential energy that is released to cause incremental advancement of the distal anchor. A mechanism may include a wound clock spring with an indexer to allow incremental "clickwise" advancement somewhat analogous to the ratcheting embodiment described above. Such an embodiment would be advantageous by creating a constant force. By adjusting the coil tension, this will create a specific load for a given tongue position.

FIG. 75 shows an embodiment of an adjustment mechanism 1130 that includes a friction shaft 1132. The friction shaft 1132 is engaged within a bore within the shaft of a bone anchor 1134, which is in turn embedded within a bone 1136. The friction shaft 1132 includes a pulley 1138. A tether (not shown) may be wrapped around the pulley 1138 to adjust tension within the tongue remodeling system. The head of the friction shaft 1132 shown is an Allen key head, although other screw heads known in the art can also be used. The friction may be overcome by the physician to facilitate adjustment sufficient to resist normal forces associated with tongue motion. As shown, the friction shaft can also include a retention ring 1133, such as an O-ring surrounding the elongate shaft portion of friction shaft, preferably near its distal end, in order to better provide an interference fit between friction shaft 1132 and internal cavity of bone anchor 1134. In other embodiments, a distal stop with the internal cavity of the bone anchor 1134 is present and configured to engage the distal end of friction shaft 1132 to minimize movement of friction shaft 1132 along its long axis.

FIG. 76 shows another embodiment of an adjustment mechanism 1142 that includes a bone anchor 1144 that is preferably threaded. A preferably threaded tether locking set screw 1146 is engaged with the bone screw 1144 as shown. The bone anchor 1144 includes apertures 1148 sized to receive a tether 1150 therethrough. Turning of the tether locking set screw 1146 in an appropriate direction will prevent movement of the tether 1150 and thus fix the tension. Turning of the tether locking screw 1146 in the opposite direction will allow for adjustment of the tether 1150 tension.

FIGS. 77A-L depicts various adjustment mechanisms. Although the adjustment mechanisms shown can be attached to bone anchors installed within the mandible, one of ordinary skill of the art will recognize that the adjustable mechanism may be attached in other ways. For example, the adjustment mechanisms may be attached, for example, intermedullary, to

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bony structures such as the hyoid bone, to other parts of a securing element, an anchor, or “free-floating” as an intermediate tether element.

FIG. 77A shows an embodiment of an adjustment mechanism 1152 that comprises a split cone-shaped adjustment element 1154. Also included is a beaded tether 1156 with beads 1158 preferably sized to have a slightly larger diameter than the diameter of the base 1160 of the cone 1154 so that the beads 1158 will not easily slide through the base 1160 of the cone 1154. By exerting a pulling force on a portion of the beaded tether 1156 in an appropriate direction, the beads 1158 can be pulled through the split cone 1154, thus adjusting the tension of the tether 1150.

FIG. 77B depicts an embodiment of an adjustment mechanism 1162 similar to that of FIG. 77A, except the adjustment element 1164 is toothed washer-shaped as shown. The tension of the beaded tether 1156 can be adjusted by exerting a pulling force as described above.

FIG. 77C depicts an embodiment of an adjustment mechanism 1166 in which the adjustment element is an eyelet 1168. The tether 1170 includes at least one knot 1172, the knot 1172 having a diameter preferably sized to be slightly greater than the eyelet 1168 so that the knot 1172 will not slide through the eyelet 1168. One or more knots 1172 may be created prior to implantation of the tongue remodeling system, or during a later adjustment procedure.

FIG. 77D illustrates an embodiment of an adjustment mechanism 1174 that comprises a tether clamp 1176 engaged with a threaded bone anchor 1144. The tether clamp 1176 is configured to hold a tether 1150 in a fixed position as shown. Rotation of the threaded bone anchor 1144 in an appropriate direction allows the clamp 1176 to open and facilitates adjusting the tension on a tissue distal anchor (not shown).

FIG. 77E depicts an embodiment of an adjustment mechanism 1178 including a threaded bone anchor 1182 embedded within a bone 1136. A tether 1150 is held in place within a cavity of the threaded bone anchor 1182 by a machine screw 1184. Removing the machine screw 1184 will facilitate adjusting the tension on the tether 1150. The machine screw 1184 preferably has a narrow tapered portion as shown that assists in holding the suture 1150 in position within the machine screw 1184 while the machine screw 1184 is tightened.

FIG. 77F illustrates an embodiment of an adjustment mechanism 1186 comprising a threaded bone anchor 1144 connected to a lead screw 1190. An adjustment element 1188 is connected to a tether 1150 and threadably engaged with the lead screw 1190. Turning the lead screw 1190 in an appropriate direction as shown will facilitate adjusting the tension on the tether 1150 by translating the adjustment element 1188.

FIG. 77G depicts an embodiment of an adjustment mechanism 1192 with an adjustment element 1194 threadably engaged with a bone screw 1182. The adjustment element 1194 shown includes a pulley of which a tether 1150 is wound around. Turning the adjustment element 1194 will facilitate adjusting the tension on the tether 1150 somewhat analogously to turning the tuner of a guitar string.

FIG. 77H shows a vertical sectional view of an embodiment of an adjustment mechanism 1196 comprising a threaded screw 1198. Also shown is a housing 1200 configured to engage the screw 1198. The screw 1198 shown includes a notch 1202 configured to receive a tether 1150. Turning the screw 1198 in an appropriate direction will cause the tether 1150 to be clamped between a side of the screw 1198 and the housing 1200, locking it in place.

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FIG. 77I is a schematic top view of the embodiment shown in FIG. 77H, illustrating the relationship of the screw 1198 and the tether 1150.

FIG. 77J illustrates an embodiment of an adjustment mechanism 1204 that includes cam-lock (lever-actuated lock) plates 1206. Actuating the plates 1206 in an appropriate direction will lock a tether 1150, which is preferably semi-rigid, in place as shown. In other embodiments, the plates 1206 can alternatively be biased in the direction shown to capture a tether 1150.

FIG. 77K shows a top view of an adjustment mechanism 1208 that includes a ratcheting clutch system 1128, similar to that of FIG. 74 above.

FIG. 77L shows a cut-away view of an embodiment of an adjustment mechanism 1210 with an adjustment element 1212 that is similar to a jacket drawstring lock. The drawstring lock mechanism 1212 comprises a spring mechanism 1214, and an aperture 1216 configured to receive a tether 1150. The spring mechanism 1214 exerts a spring force to compress a portion of the tether 1150 and thus hold it in place. The tether 1150 may be adjusted by pulling in an appropriate direction generally parallel to the long axis of the tether 1150.

FIG. 78 shows an embodiment of an adjustment mechanism 1218 that has an adjustment element 1220 with a plurality of loops 1222 in series. The apertures 1224 of the loops 1222 are sized to fit over a substantially vertical elongate member 1226, shown herein as a peg incorporated into the head of an anchor 1144. The tension of the system is readily adjusted by engaging one of the loops 1222 in series. This system advantageously allows for tension adjustment by removing and reengaging the loops 1222 on the adjustment mechanism 1218 from the peg 1226 while allowing the anchor 1144 to remain in place, such as within a bone.

FIG. 79 shows an embodiment of an adjustment mechanism 1228 that comprises a turnbuckle 1230. The turnbuckle 1230 shown includes two eyelets 1232 attached to threaded shafts 1234 screwed into each end of a threaded turnbuckle 1230. The tension can be adjusted by rotating the turnbuckle 1230 in an appropriate direction, which causes the eyelets 1232 to be screwed in or out, in turn adjusting the tension on the distal tissue anchor 1236 shown. The turnbuckle 1230 in this embodiment is attached to the mandible 13, although other attachment sites can be used as described elsewhere in the application.

FIG. 80 illustrates an embodiment of an adjustment mechanism 1240 with a protective housing 1242. An unprotected screw head may serve as a nidus for tissue ingrowth over the screw which may render adjustment of the screw at a later date more difficult. The housing 1242, shown here as a bite-type valve covering, protects the screw 1244 against tissue ingrowth. The opening 1246 to the bite-type valve 1242 may be punctured by a needle 1248, preferably a square needle as shown. Alternatively, an introducer, needle, and driver can also be used to puncture the bite-type valve and gain access to the screw.

FIG. 81 shows another adjustment mechanism 1250 that includes one or more magnets. An internal adjustment element 1252 preferably resides in a housing 1254 implanted within a bony, cartilaginous, or soft tissue structure. The internal adjustment element 1252 is preferably a magnet or a magnetic metal. Here, the internal adjustment element 1252 is shown implanted within the mandible 13. The housing 1254 preferably is configured such that the internal adjustment element 1252 may move within the housing 1254 in response to a force. A tether 1150 with a proximal and distal end is operably connected with the internal magnet 1252 at the proximal end and a tissue anchor 1236 engaged within the

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tongue **9** at the distal end. The external adjustment element **1256** preferably includes a magnet. The external magnet **1256** may be strapped to a patient's chin during sleep, causing movement of the internal adjustment element **1252** forward during sleep, thus bringing the tissue anchor **1236** into tension, and also suspending the tongue **9** proximally, preventing airway collapse.

FIGS. **82A-D** show other embodiments of adjustment mechanisms that need not be attached to an anatomical structure, such as a bone anchor but may be provided as part of a tether or connected to portions of the tether. FIG. **82A** shows a turnbuckle **1228** design similar to that shown in FIG. **79** above. FIG. **82B** illustrates an embodiment of an adjustment mechanism **1262** that includes a self-contained pulley **1262** within a housing **1264** with apertures for passage of a tether **1150**. The pulley **1268** locks in place with a screw **1266** as shown. FIG. **82C** is an exploded view of the embodiment of FIG. **82B**, illustrating the tether **1150**, housing **1264**, pulley **1268**, a housing top **1270**, and a preferably threaded screw **1266**. FIG. **82D** shows another embodiment of an adjustment mechanism **1260** that includes one or more sailing knots **1260**. The sailing knots **1260** shorten the length of the tether **1150** and thus increase tension on a tissue anchor (not shown).

FIG. **83** illustrates another embodiment of an adjustment mechanism **1272** that has a looped "clothesline" configuration. The adjustment mechanism **1272** shown as a looped tether **1278** has a plurality of beads **1274** or other elements with a larger cross-sectional diameter that can be ratcheted through a hole in one or more nonsliding attachments **1276** in either a tissue anchor **1236**, bone anchor **1144**, or both.

FIG. **84** depicts an embodiment of an adjustment mechanism **1886** with a plurality of tissue anchors **1852**, **1854** connected therebetween by a tether **1878**. A distal anchor **1854** is preferably attached in the tongue base, at the tip of the genioglossus muscle. The distal anchor **1854** may have a plurality of hook elements **1880**, **1882** as shown. A proximal anchor **1852** has a central lumen extending through the anchor. The proximal anchor **1852** may be anchored in tissue of the tongue or floor of the mouth as described above. The lumen is configured to receive the tether **1878**. The proximal anchor **1852** may further include an adjustment mechanism **1884**, such as a gripping collar **1884** at the proximal end of the anchor **1852** to hold the tether **1878** position under tension once the desired tension has been established. In other embodiments, a spooling mechanism, such as those described elsewhere in the application may be substituted for a gripping collar **1884** to allow for tether **1878** adjustment. Other non-limiting suitable adjustment mechanisms **1884** are described, for example, in connection with FIGS. **91-93** below.

FIG. **85** depicts an embodiment of an adjustment mechanism **1888** that is similar to the embodiment shown in FIG. **84**. In this embodiment, the proximal tissue anchor **1852** (which may be implanted in relative proximity to the mandible) is larger in size than the distal tissue anchor **1854**. A relatively small distal tissue anchor **1854** relative to a proximal tissue anchor **1852** may be advantageous in optimizing patient comfort as a distal tissue anchor **1854** is preferably implanted in a relatively superficial layer with respect to the surface of the tongue. In contrast, a larger proximal anchor **1852**, which is preferably implanted in a relatively deeper layer with respect to the surface of the tongue, is less likely to cause patient discomfort.

FIGS. **86A-F** illustrate various embodiments of adjustment mechanisms that may be used in conjunction with a tongue remodeling system that is not secured to a bony structure. FIG. **86A** illustrates a tongue remodeling system **1890** with a plurality of tissue anchors **1852**, **1854** connected therebe-

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tween by a tether **1892**. The tether **1892** shown comprises a plurality of beads **1894**. The beads **1894** may be a variety of other shapes, and need not be substantially annular as shown. In other embodiments, the tether **1892** shown may comprise a plurality of knots. An adjustment mechanism may comprise a clamping element (not shown in FIG. **86A**) that may be attached, preferably proximally to the proximal tissue anchor **1852**. FIG. **86B** illustrates an embodiment of a clamping element **1894** that further comprises a spring-loaded slider **1896**. Actuating the slider **1896** in an appropriate direction will open or close a lumen **1898** (that is configured to receive the beaded tether **1892**) on the clamping element **1894** and facilitate adjustment of the beaded tether **1892**. FIG. **86C** is another embodiment of a clamping element **1900** similar to that shown in FIG. **86B**, except that the actuator is a spring-loaded clip **1902**.

FIGS. **86D-E** illustrate variations of a lumen **1898** such as described in connection with FIGS. **86B-C** to receive a tether, such as one having beads. The lumen may be formed from an inner tube **1906** (shown in FIG. **86E**) and outer tube **1904** (shown in FIG. **86D**). The inner **1906** and outer tubes **1904** each further include an eccentricity plate **1910**, **1908**. The eccentricity plates **1910**, **1908** have a substantially annular outer rim and are configured to fit at an end of the inner **1906** and outer tubes **1904**, the plate of the inner tube **1906** positioned adjacent to the plate of the outer tube **1904**. The eccentricity plates **1910**, **1908** also have an aperture preferably displaced from the center of the plate as shown. FIG. **86F** illustrates that turning the inner tube **1906** in an appropriate direction will result in a "Venn-diagram" like overlap of the eccentricity plates **1910**, **1908** and decrease the overall aperture size of the lumen **1898** and clamping the beaded tether. A skilled artisan will readily appreciate that the adjustment mechanisms of FIGS. **86B-F** can be readily adapted to function in conjunction with a bone anchor as well.

FIGS. **87A-B** illustrate an embodiment of an adjustment mechanism **1912** that comprise a spool **1914**. The spool **1914** shown in FIG. **87A** has a long distal nose portion **1916** as shown that can abut a tissue anchor hub **1918**. While the spool **1914** may be attached to a bony or other securing structure, it is preferably free-floating. FIG. **87B** is an embodiment of an adjustment mechanism **1920** similar to that shown in FIG. **87A** except the spool **1914** positioned approximately orthogonal to the axis of the tether line and the tension and/or length of the tether may be adjusted by turning the spool of the axial adjusting element **1924**.

FIG. **87C** illustrates another embodiment of an adjustment mechanism **1924** operably connected to an anchor **1922**. The adjustment mechanism **1924** comprises an elongate element **1926** with a threaded channel configured to receive a threaded screw **1928**. The threaded screw **1928** comprises a central lumen in which a tether **1930** may pass therethrough. Rotating the screw **1928** in an appropriate direction may facilitate trapping of the tether **1930** within the elongate element **1926**, thus serving as a locking, tension or length-adjusting mechanism for the tether **1930**.

FIGS. **88A-C** show another embodiment of an adjustment mechanism that may be engaged within tissue, such as muscle fascia. FIG. **88A** is a schematic illustrating a beaded tether **1892** connected to an adjusting plate **1932** embedded within a tissue plane **1934**. FIG. **88B** shows a front view of the adjusting plate **1932**. The adjusting plate **1932** comprises an aperture **1936** configured to receive a beaded tether **1892**. The plate **1932** also includes an actuating element **1938** (e.g., a squeezable portion as shown) that will facilitate release of a bead **1894** on the beaded tether **1892**. The adjusting plate **1932** may optionally include suture holes **1940** to facilitate

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attachment of the adjusting plate 1932 to tissue. FIG. 88C shows a side view of the adjusting plate 1932 shown in FIG. 88B. The adjusting plate 1932 may further include spikes or barbs 1942 as shown to stabilize the adjusting plate 1932 to tissue.

FIG. 89 illustrates an embodiment of an adjustment mechanism 1950 that has a proximal portion 1952 and a distal portion 1954 and is configured to receive a tether 1892, which is shown as a beaded tether. The mechanism 1950 may advantageously be adjusted transversally, obviating the need for an incision post-implantation. Squeezing the adjustment element 1950 externally will cause the jaw-like elongated portions 1952 of the adjustment element 1950 to elongate further and “trap” a bead (labeled B1) that is initially outside the adjustment mechanism 1950 within the adjustment mechanism 1950, while another bead (labeled B3) that is within the adjustment mechanism will move outside of the adjustment mechanism 1950. The narrow distal outlet portion 1954 of the adjustment mechanism 1950 will prevent the bead (B3) from re-entering the adjustment mechanism 1950. Interaction of the beads B1, B2, B3, B4 with the adjustment mechanism 1950 as described above will thus tension the tether 1892.

FIG. 90 illustrates an embodiment of a vertical sectional schematic view of an adjustment mechanism that comprises a cam lock 1956. The cam lock 1956 may be joined with a section of an anchor. In other embodiments, the cam lock 1956 may comprise a free-floating intermediate adjustment mechanism. The cam lock 1956 includes two moving plates 1958, 1960 (cams) shaped such that the central inside diameter formed in a space 1962 between the plates 1958, 1960 is open in a first configuration and closed (or at least decreased) in a second configuration. The space 1962 is configured to receive a tether 1964. One of ordinary skill in the art will appreciate that the length of the tether 1964 can be readily adjusted by opening the cam lock 1956.

FIG. 91A depicts an embodiment of an adjustment mechanism 1966 that comprises a zip tie 1968. The zip tie 1968 is preferably molded. The zip tie 1968 includes one-way or two-way ramps 1970 as shown depending on the type of adjustment desired. The zip tie 1968 is shown attached to both a proximal anchor 1852 and a distal anchor 1854. The zip tie 1968 also includes an elongated proximal end 1972 that may be used for grasping and pulling in order to adjust the tension of the system. The proximal anchor 1852 shown includes a ratcheting element 1974 (shown within the square box) to facilitate ratcheting of the zip tie 1968. FIG. 91B is a detailed view of the ratcheting element 1974 shown in FIG. 91A. Shown is an outer sleeve 1976 and barbs 1975 of the proximal anchor 1852. The internal walls of the inner sleeve 1977 define a channel 1978 configured to receive the zip tie 1968 therethrough. The walls contain a plurality of protruding surfaces (“bumps”) 1980 configured to inhibit sliding of the zip tie 1968 when the system is implanted within the tongue. However, the frictional forces of the protruding surfaces 1980 may be overcome to adjust the tension between the anchors 1852, 1854, such as by pulling on the elongated proximal end 1972 of the zip tie 1968 to facilitate ratcheting. FIG. 91C illustrates an embodiment where the protruding surface 1848 is a chamfer. FIG. 91D shows an embodiment where the internal channel 1846 has a gradual taper. In some embodiments, if the tether line is rigid or semi-rigid, the anchoring system 1068 can be advantageously adjusted using manual manipulation without any incisions to move the anchors 1062, 1064 closer together using the semi-rigid connector.

FIG. 92 shows another embodiment of an adjustment mechanism comprising a beaded tether 1892. In some embodiments, the beads are a plurality of overhand knots

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1894 interspersed at a substantially similar distance from one another along the tether 1892. An adjustment element 1982 shown is a channel 1984 defined by two walls 1986 of a center of a tissue anchor. In some embodiments, the walls 1986 preferably are made of titanium. The inside diameter of the channel 1984 is smaller than the outside diameter of the knot 1894 or bead. The channel 1984 is preferably sized to precisely tune the force required to overcome the knot or bead 1894 and provide the ratcheting effect. When the force is applied, the knot 1894 deforms sufficiently to pass through the smaller inside diameter of the channel 1984 of the tissue anchor center. In one preferred embodiment, the tether 1892 is a Dyneema 2-0 thread with an outside diameter of about 0.017 inches and a single overhand knot with an outside diameter of about 0.033 to about 0.035 inches. The channel 1984 has an inside diameter of about 0.029 inches. In another preferred embodiment, the tether 1892 is a Force Fiber 2-0 material with a first cross-sectional length of about 0.016 inches and a second cross-sectional length of about 0.010 inches. A double overhand knot 1894 has an outside diameter of preferably about 0.034 to 0.036 inches. The channel 1984 has an inside diameter of about 0.029 inches. One of ordinary skill in the art will note that a wide range of tethers 1892, knots 1894, and channel 1984 diameter combinations can be utilized.

FIG. 93 shows another embodiment of a part of an adjustment mechanism 1986 with a channel 1984 in which the tether line may pass therethrough. In some embodiments, the channel 1984 may have dimensions as described above in connection with FIG. 92. However, the channel 1984 diameter may be readily modified to accommodate a wide range of tethers and knots as noted above.

FIGS. 94A-B show various embodiments of an adjustment mechanism that comprises a beaded tether 1892. In these embodiments, in lieu of knots 1894 as shown in FIG. 92, the beads 1986, 1988, 1990, 1992, 1994, 1998 are preferably molded balls or beads. As with the various other beaded embodiments described elsewhere in the application, the beads will act as a friction lock between the outside diameter of the bead and the inside diameter of the channel. Shown in FIG. 94A are various bead shapes including sphere 1986, bowtie 1988, football 1990, disc 1992, and arrow 1994 configurations. However, a multitude of other shapes for use with the present invention can readily be envisioned. In the embodiment shown in FIG. 94B, the tether 1996 comprises a metal wire or ribbon. The wire or ribbon preferably comprises a shape memory material, such as Nitinol, or a deformable wire, such as a stainless steel wire. Bead-like protrusions 1998 of various configurations may be created by deforming the wire or ribbon 1996 with a die, creating flattened areas that interact as a friction lock in a similar manner as beads or knots. The wire 1996 may be formed in a zig-zag shape to deform a friction lock. Applying a source of heat or cold may transform the shape memory material. In one embodiment, the protrusion portion may have a horizontal sectional diameter of about 0.020", a narrow portion 1000 may have a horizontal section diameter of about 0.010", and the ribbon may have a vertical sectional diameter of about 0.015".

FIGS. 95A-F illustrate another embodiment of an adjustment mechanism 1002 that comprises a sleeve 1004, which may be part of a tissue anchor as described above. As shown in FIG. 95A, the sleeve 1004 is preferably a hypotube made of Nitinol. The Nitinol sleeve 1004 further includes a plurality of attached V-shaped flanges 1006 (“fingers”) that may be shaped, for example, by laser cutting. FIG. 95B shows an embodiment where the flanges of the sleeve 1006 (also described herein as a “fingered sleeve”) is engaged with a

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tether **1008**, shown here as a zip tie or rectangular bar. The zip tie or rectangular bar **1008** have a plurality of holes **1010**. The sleeve **1004** also preferably comprises a friction lock to facilitate ratcheting. The flanges **1006** of the sleeve **1004** may ratchet over the holes **1010** to facilitate adjustment of the tension of tether **1006**. FIG. 95C shows another embodiment where the fingered sleeve **1006** is ratcheting over indentations of a corrugated tether **1008**. During ratcheting, the fingers **1006** spring outward as shown, but then are configured, such as by elastic recoil properties in the fingers **1006**, to move inward and engage with another indentation **1012** of the corrugated tether **1008**. FIG. 95D shows a side view of the fingered sleeve **1006** attached to the proximal anchor **1852**. A closeup view of the area near the finger **1006** ends is provided in FIG. 95E. FIG. 95E illustrates an end view of other embodiments where the fingered sleeves **1006** may have a double **1012** or single **1014** notch as shown. Shown below the fingers are tethers **1016** (e.g., zip ties) configured with complementary grooves **1018**, **1020** to receive the respective fingers **1006** during ratcheting. FIG. 95F illustrates that an operator may advantageously adjust the device by applying pressure at a point **1022** removed from the finger **1006** ends without penetrating the tissue.

FIGS. 96-99 illustrate embodiments of adjustment mechanisms that may be used with a double-ended anchor that may be used for tongue remodeling.

FIG. 96 shows an embodiment of a double-ended anchor **1024** with a first anchor **1026** containing a threaded channel **1028** configured to receive a threaded tether **1030**. The threaded tether **1030** is a screw **1030** in the embodiment shown. The length of the double-ended anchor **1024** may be adjusted using an adjustment tool **1032**, shown here as a screwdriver, to turn the head of the screw **1030** in an appropriate direction. A second anchor **1034** comprises a pivot **1036** engaged with a complementary structure of a screw **1030** as shown.

FIG. 97 shows an embodiment of an adjustable double-ended anchor with a spool **1040** attached to one of the anchors. The spool **1040** includes a magnetic portion **1042**. An adjustment tool **1046** that also comprises a magnet **1044** can be used to facilitate alignment with the magnetic portion **1042** of the spool **1040** as shown. Thus, the magnets **1042**, **1044** may advantageously assist an operator in locating the spool **1040** for adjustment post-implantation prior to creating an incision as well as when visualization is limited, for example, in a relatively small surgical field or incision.

While this invention has been particularly shown and described with references to embodiments thereof, it will be understood by those skilled in the art that various changes in form and details may be made therein without departing from the scope of the invention. For all of the embodiments described above, the steps of the methods need not be performed sequentially.

What is claimed is:

1. A tongue remodeling system, comprising:

a first body-engaging structure;

a second body-engaging structure;

a tether connected and fastened to the first body-engaging structure and to the second body-engaging structure; and means for adjusting a distance between the first body-engaging structure and the second body-engaging structure when the first body-engaging structure and the second body-engaging structure are engaged with a body without disconnecting and unfastening the tether from either of the body-engaging structures.

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2. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a ratchet.

3. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a worm drive.

4. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a friction shaft operably engaged within a bone anchor.

5. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a set screw for locking the tether.

6. The tongue remodeling system of claim 1, wherein the first body-engaging structure comprises a bone anchor and wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure is directly attached to the bone anchor.

7. The tongue remodeling system of claim 6, wherein the first body-engaging structure comprises a bone anchor and wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure is directly attached to a proximal head portion of the bone anchor.

8. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a clamping element configured to clamp a tether.

9. The tongue remodeling system of claim 1, wherein the first body-engaging structure comprises a bone anchor, the bone anchor comprising a bore within the bone anchor; and the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a rotatable member operably engaged within the bore.

10. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a lead screw.

11. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a cam lock.

12. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a drawstring lock.

13. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a turnbuckle.

14. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises one or more magnets.

15. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a screw and a bit-valve covering over a portion of the screw.

16. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a rotational assembly.

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17. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises an adjustable knot.

18. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a gripping collar.

19. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a bead clamp.

20. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a plurality of eccentricity plates.

21. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engag-

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ing structure and the second body-engaging structure comprises a spool with an axial titration element.

22. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a zip tie.

23. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises a plurality of finger elements.

24. The tongue remodeling system of claim 1, wherein the means for adjusting a distance between the first body-engaging structure and the second body-engaging structure comprises an element with a channel therein configured to house the tether therethrough, the channel containing a friction surface configured to resist movement of the tether.

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